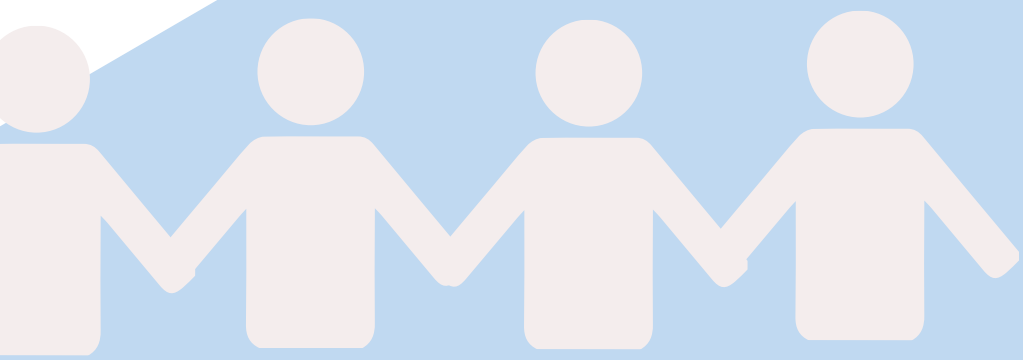




# RICHMOND

## Group's Goals

*"We are a group of passionate and diverse youth promoting widespread mental health awareness through the creation of safe spaces"*



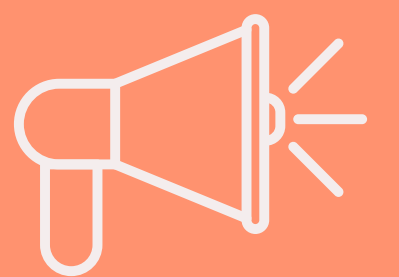
**Our cohort included: 12 youth collaborators  
3 young adult facilitators & our policy allies**

We met over an 8 month period to learn about mental health promotion and its links to human rights, intersectionality, equity & more!

Together with our community allies we identified a need for mental health promotion in schools & community spaces. We hosted a Community Dialogue about the importance of intergenerational conversations about mental health and youth representation in policy and other decisionmaking.

## Direct Impacts

Enhanced mental health knowledge + adoption of healthy coping strategies + increased protective factors for mental health + positive changes in our school community



## What's Next?

Holding more dialogues & getting more representation in community policy forms!



*"Agenda Gap taught me to use that upstream approach... It gave me that proactive way of looking at my mental health, which really helped me break some toxic cycles."*