



MOBILIZING MINDS

pathways to young adult mental health

What do young adults need to know about getting help for stress, anxiety, and depression?

During the early adult years, most people will have a friend or family member who could use help with these medical conditions, or require assistance personally. We need these voices. If you're a young adult living in Canada, we need your help to answer the question and produce the right resources in the right locations.

**Part-time job:
Young Adult
Involvement
Team - \$15/hour
up to 10 hours
per week**

We are currently seeking young adults (18 to 25) to be engaged in this 5-year project as committee members, research assistants, local coordinators, and resource producers. Priority will be given to those who have been consumers of mental health services. First members will be chosen by Dec. 31, 2008. Ongoing applications will be accepted.



You can apply to mcpheej@yorku.ca. For more information, go to MobilizingMinds.ca or call Savannah at 416 597 8297.

