



Inspiring Mental Health

Identified by key stakeholders during the development of the *Inspiring Youth Solutions* resource, *Inspiring Mental Health* will address adolescent mental health issues utilising the successful peer led Youth Forum Model.

The design and distribution of the Inspiring Mental Health module and supporting training programs will increase the capacity of communities to address the issue of adolescent mental health.

Participants who receive the Inspiring Mental Health module and participate in training will have:

- ◆ Increased knowledge of adolescent mental health issues
- ◆ Increased knowledge of the Forum model and the stages of planning, implementation and evaluation
- ◆ Increased access to mental health resources
- ◆ Increased skill level for implementation of a Youth Forum
- ◆ Increased access to professional support and advice in regards to implementing Youth Forums
- ◆ Opportunities to develop Networks

Timeframe: September 2008 - October 2009



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