



In This Together Campaign Statement  
June 1, 2021

The *In This Together* campaign was launched back in February - 2021 to raise awareness about COVID-19's impact on the mental health of marginalized youth and to learn about the service gaps they face, and promote accessibility of mental health care for marginalized youth. We wanted to highlight the importance of early intervention as a stepped-care approach for mental health care during the pandemic, and create a multi-sector, multi-service post-pandemic mental health recovery plan for Canada that is inclusive to marginalized youth where we called the elected leaders of Canada to Immediately establish a **Post-Pandemic Mental Health Recovery Plan**. We want to ensure the recovery plan involves collaboration between governments, ministries, and sectors and places a priority on funding and supporting grassroots and community-based services.

Throughout our journey, we have had various achievements. We delivered two mental health workshops, one with CMHA Peel Dufferin and one with NMC-CESI. We've had 353 signatures endorsing our [open letter](#). We've had over 225 youth engaging directly in our activities and we offered a safe space using art as a way of healing through our Mic Drop event. We produced a [survey](#) and ran a research focused group to come up with a [preliminary findings](#) report to be shared at our First Youth-led National Mental Health Conference "Together Towards Recovery". During the conference, we hosted a diverse group of panelists across Canada from all equity groups (Indigenous youth - Black youth - LGBTQ2S youth - Youth with disabilities - Newcomers and Refugees youth - Youth In and from care) to share their own perspective on the current needs of marginalized youth and their recommendation for decision makers to support the healing process beyond COVID. All our achievements was done at a 100% volunteer basis. We were also featured in the [Toronto Star](#) and at the [National Jack.org Summit 2021](#). We have also had meetings with Public Health Minister Filomena Tassi, Minister of Health Office, and other government representatives.

We are so proud of our achievements as a team and would like to thank everyone who believed and supported our call.

Thanks to Our advisors (Dr.Omar Reda & Irwin Elman) for always being there with their input, advice, and resources. We are so grateful for all that support.

Thanks to our partners (Kids Help Phone - BAM Collective - New Mentality - Youth Gravity - CMHA Peel Dufferin - YWCA Hamilton) for being great allies along the journey.

Thank to our supporters for their tremendous support (Jack.org - Children Mental Health Ontario - The Council of Agencies Serving South Asians (CASSA) - Laidlaw Foundation - NMC Cultural Centre - Boys and Girls Club - WE MATTER - OACAS - First Nations Child & Family Caring Society of Canada - The Refugee Center - Children First Canada - IG Vital Health -

Bridging Borders - Hamilton Centre for Civic Inclusion - UNICEF Canada - YWCA Canada - Youth In Care Canada - SMILE Canada - Naseeha), and to everyone who provided amazing support during our campaign journey.



We are now at the final stages of the campaign where we are working to produce our research final report by Fall 2021. We will continue to advocate for the establishment of a Post-Pandemic **Mental Health Recovery Plan** for youth and inclusivity of youth in marginalized communities. We hope to host a roundtable discussion between youth, service providers, and decision makers. Stay tuned for our next steps!

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