

# Youth Empowering Students for Mental Health Promotion (YES4MH)

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# Mental Health Promotion at School

- **Schools play a significant role in supporting student mental health and well-being**
  - Welcoming and inclusive environment
  - Student belonging and engagement
  - Mental health teaching and learning
  - Partnership opportunities
- **WDG Public Health and local school boards have a strong partnership, providing foundation for collaborative planning and initiatives**
  - Well-being and Health Youth (WHY) survey
  - Initiatives to promote upstream approach



# About YES4MH



- **Empower students** to identify school priorities around mental health and wellness
- Guide student leaders in the development of **peer-led initiatives**
- Improve **mental health literacy** and **reduce stigma**
- Increase awareness of **resources and supports**
- **Build capacity** to create supportive and resilient school





# Planning for 2025-26 School Year



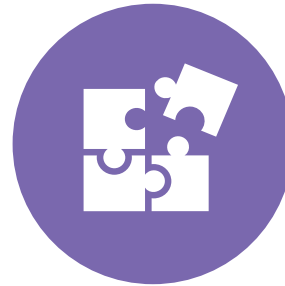
Continue to implement YES4MH, applying learnings from pilot



Enhance health equity focus



Maintain strong collaboration with school boards



Carry out alongside other mental health promotion strategies