

Post-Secondary and LGBTQ+ Youth

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The story of Jessica

- Jessica is 18, and entering into her first year at the University of Ottawa.
- Let's see where her story goes...

Themes: General

- Wait times and Costs
- Expansive support only offered when in crisis
- Young people know young people best
- A lot of people don't understand the word "can't" when it comes to mental illness
- Moving beyond the recovery narrative
- Why can't people treat mental illness like physical illness?
- Real opportunities to be engaged.

Themes: Post Secondary Youth

- ◉ More peer support programs
- ◉ Lack of awareness about available services
- ◉ Crisis driven supports only
- ◉ Lack of long-term counselling and support
- ◉ Need diverse means of accessing services
- ◉ “But you’re doing so well in school”
- ◉ Diversity of promo, more than just posters
- ◉ Peers turn to peers.

Themes: LGBTQ+ Youth

- ◉ Bias of service providers can mean core issues are ignored
- ◉ Walk the walk – not just lip service to diversity and inclusion
- ◉ Lack of awareness of how to work with trans and queer youth.
- ◉ More resources for underserved groups
- ◉ Value of peer to peer support
- ◉ Strong LGBTQ+ communities
- ◉ Our identities are not the cause of our mental health problems, but they shouldn't be ignored either.

Thank you!