



do you mind?

LGBTQ2S+ young adults experience mental health challenges at a disproportionate rate when compared to their non-LGBTQ2S+ peers.

The Approach (What we do)

Do You Mind? takes an asset-based approach to LGBTQ2S+ young adult health, aiming to:



Build connections between participants through ongoing group participation in a community health leadership program



Improve health literacy through education sessions which cover a range of mental health topics



Train in practical skills through capacity building exercises which enhance community health promotion skills



Empower to solve challenges in community through the collaborative development and delivery of participant-led pilot interventions aimed at improving LGBTQ2S+ mental health in their community

The Outcome

(The difference we want to make)



Youth participating in the program build connections, increase their understanding of mental health, and **develop skills to promote mental health in their communities**






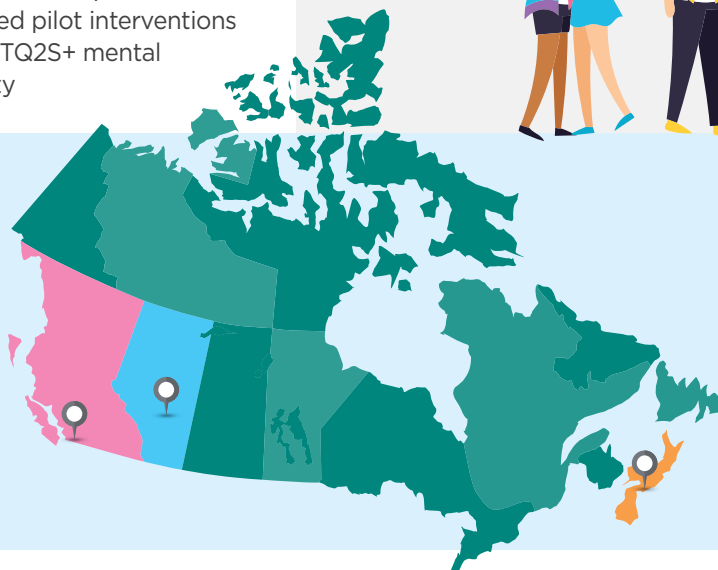
There are more and better programs, policies and practices related to LGBTQ2S+ mental health



Where We Are

Implementation sites and program delivery partners:

-  • **Edmonton, AB** – Edmonton Men's Health Collective (EMHC)
-  • **Halifax, NS** – Youth Project
-  • **Vancouver, BC** – YouthCo.



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