Young People in Advocacy: How We Can Help Elevate Youth Voices in Mental Health Advocacy

Engagement of Lived Experience · https://bridges4mentalhealth.org/hub/youth-family-engagement/young-people-in-advocacy-how-we-can-help-elevate-youth-voices-in-mental-health-advocacy/

In this webinar, Jo Skinner-Grant, a youth advocate with lived experience, shared her journey in mental health advocacy and supporting youth with serious emotional disturbances (SED). She provided insights on empowering youth to find their voice in advocacy at community, state, and national levels while emphasizing the importance of keeping youth voices central.

Jo highlighted the distinction between helpful and harmful ways to engage with young people and addressed critical questions, such as how to maintain youth engagement and improve communication. Through her experiences and interactive discussions, she offered practical guidance for fostering meaningful advocacy and collaboration with youth.

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