



Home Site Map Contact Us FAQs Search

Living Here Business Visiting Here City Hall Newsroom

Printer Friendly News Room > Releases >

FOR IMMEDIATE RELEASE

YOUTH NET LAUNCHES INTO ITS FOURTH YEAR OF PROMOTING MENTAL HEALTH AND WELL-BEING OF YOUTH

HAMILTON, ON – February 24, 2004 - Four years after its initial launch, secondary school and community youth in the city of Hamilton continue to benefit from a unique program for youth who are dealing with issues that may affect their mental health and well-being. Youth Net helped 539 local youth in 2003, connecting many of them with the support that they needed to deal with their own mental health concerns. The peer based program provides secondary school and community youth with the opportunity to talk to trained focus group leaders about different youth related issues, as well as assistance in early intervention for mental health problems by connecting them to youth friendly professionals.

“High School and community youth between ages 14-19 are at a very sensitive time in their development. Being able to talk openly with other youth about issues that affect them and the way that they deal with these issues is important for increasing communication and awareness as well as decreasing stigma surrounding mental health issues” says Amalia Burca, Public Health Nurse and Coordinator of Youth Net. “It is also important to identify youth who are struggling with a mental health problems and connect them with the help that they need.”

The stigma attached to mental health issues continues to be a significant barrier for youth in getting the help that they need. Youth Net is an organization that is attempting to increase young peoples’ understanding and awareness of mental health. Youth Net has found that 16.5 percent of males and 9.5 percent of females surveyed have been regularly seriously concerned about their own mental health over the last three months. More alarmingly, 16 percent of males and 18.3 percent of females surveyed have had serious thoughts about suicide.

Youth Net also connects students between 13-18 years of age with the Youth Advisory Team (YAT). YAT is composed of volunteers who work on initiatives, projects, and events that enhance the lives of youth in our community. Projects include the “Youth Fax”, a massive fax of youth information about issues such as racism, stress, and relationships. YAT also participates in an environmental clean-up project called Team Green, and a youth-friendly agency scan where youth act as consumers who evaluate the efficacy of youth services in the community.

Youth Net is an organization of youth and adults partnering to promote the mental health and well being of youth. Partners include The City of Hamilton - Public Health and Community Services department, Alternatives for Youth, COAST, Centre for Addiction and Mental Health, National Child Benefit Program, Hamilton Wentworth District School Board, Hamilton Health Sciences Corporation (Chedoke Campus), McMaster Systems Linked Research Unit, and The AIDS Network.

- Archives
- At Your Service
- Current News
- Media Contacts
- News Releases
- Publications
- Research

Qu
Onl
Pay
Cur
We:
Pro
Infc
Rec
Grc
Ma:
Cot
Ser
For
Ma:
FA:
Car
the

Tra

-30-

Media Contact:

Amalia Burca
Youth Net Coordinator
4119

905-546-2424 ext

Top of Page

Please read important information about our Web site requirements

[Web site disclaimer](#) / [Privacy Policy](#) / [Mission, Vision, Values and Goals](#) / [Printer Friendly Links](#) /
[Navigation Tips and Instructions](#)

Copyright © 2001-2004. The City of Hamilton, Ontario Canada.