



JUN 10 2019

MR. KIERON TESTART  
MLA, KAM LAKE

**Oral Question 737-18(3): Mental Health Services for Youth**

This letter is in follow up to the Oral Question you raised on May 28, 2019 regarding Mental Health Services for Youth.

As mentioned in the House, that while there are a significant number of mental health supports available for youth, we need to find ways to ensure youth know of these services. One part will be ensuring our service providers are aware of these supports so they can tell youth who they feel could benefit from these services. However, it is also important to find out from the youth themselves how we can best reach them with information about the services available to them.

Under the Mental Wellness and Addictions Recovery Action Plan which will be tabled June 4, 2019, there is an action to engage with residents, including youth to determine how they would like to receive information on the issues of mental health and addictions and about the services and supports available to them regarding these issues. Once we have done this engagement, we will use what we heard to inform communications approaches.

The Department of Health and Social Services (Department) will be implementing e-mental health options for residents during 2019-20 fiscal year. While this is not specific to the school environment, one will be targeted to youth and another will be targeted to families, including youth. Staff working in our system (counsellors – including Child and Youth Care Counsellors who work primarily in schools, primary care, social workers etc.) will be oriented to these new options so they are able to refer youth and families. The e-mental health options targeted to youth will be focused on things like mild to moderate anxiety and depression.

In 2019-20 the Department will also be working with the Kids Help Phone to deliver webinars on the services they offer to Northwest Territories service providers who work with youth, so they are better able to refer youth who may need these services.

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We will continue to develop ways to ensure residents input is heard and that they are aware of services available to them.

Thank you.



Glen Abernethy  
Minister of Health and Social Services

c Mr. Tim Mercer  
Clerk of the Legislative Assembly

Mr. David Hastings  
Legislative Coordinator, Executive