

Youth Led, AI Enhanced Mental Health Literacy for Promotion, Prevention, and Effective Mental Health Support - School/Guardian FAQ

What is this project?

This project is being developed by the Mental Health Literacy team at the University of Alberta. It aims to create a youth co-designed mental health literacy platform that uses emerging technologies, including artificial intelligence (AI), to support mental health promotion, prevention, and early support for young people across Canada

A central part of this work is ensuring that youth engagement and perspective shape the development of this project from beginning to end. Youth will be involved in the design, content, implementation and dissemination of this mental health literacy tool, helping guide what is created, how it functions, and how it supports others.

Who can be involved?

We are seeking youth aged 16 to 20yrs from diverse backgrounds across Canada who are interested in mental health and in helping to improve supports for their peers. Youth with lived or living experience related to mental health are encouraged to participate.

We also welcome the involvement of schools connected to participating youth. Schools may support this initiative by helping test the mental health literacy platform, providing feedback, and supporting implementation and dissemination once the platform is finalized.

What will youth do?

Youth will work together as active collaborators within an interdisciplinary team that includes researchers, designers, AI experts and mental health therapists.

Their contributions may include sharing ideas on content features, and usability, providing feedback, participating in co-design and planning sessions, and taking part in group discussions. Youth will also have opportunities to learn about research and receive mentorship.

Time commitment

Participation is designed to be flexible and youth-centred. Time commitments will vary depending on the phase of the project. During busier periods, youth may be asked to contribute up to 4–6 hours in a week, with less activity expected at other times.

How will the project run?

The project will primarily be conducted virtually, allowing participation from youth across Canada.

If funding is secured, there may be opportunities to meet in person, and all travel costs would be covered.

Working with others

Youth will collaborate with a diverse team of peers, researchers, mental health professionals and AI experts in a collaborative and supportive environment.

What does AI mean in this project?

This project will explore how AI can be integrated to support mental health learning and improve access to evidence-based information. Youth will play a central part in shaping how AI is implemented. The goal is to have AI enhance learning and connection, not replace human care.

Sharing personal experiences

Sharing personal experiences is optional. Youth can meaningfully contribute to the project without disclosing any personal information.

Is this research?

Yes, this project may include research components. The focus is on evaluating the resource being developed, not the youth themselves. Any data collected would be anonymous and would require formal Research Ethics Board approval.

Compensation

If the project receives funding, youth will be compensated for their time and contributions. Details will be dependent on the grant funding secured.

Project timeline

The project is anticipated to take place over an approximate period of 4 years. Youth can remain involved, even if they change schools or move.

Leaving the project

Participation is voluntary. Youth can leave at any time and will be compensated for the time they have contributed (if funding is secured).

Support and safety

The project is designed with a strong focus on psychological safety and well-being. Mental health professionals are part of the team. Sessions will include check-ins, and youth will be provided with support resources, such as Kids Help Phone. Youth may also be encouraged to access local supports if needed.

Contact

For more information or to recommend a student: mentalhealthliteracy@ualberta.ca