

## **Youth Led, AI Enhanced Mental Health Literacy for Promotion, Prevention, and Effective Mental Health Support - Youth FAQ**

### **What is this project?**

This project is being developed by the Mental Health Literacy team at the University of Alberta. The goal is to create a mental health literacy platform designed with youth, for youth.

The platform will use 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 project is making sure youth voices, experiences, and ideas help shape the work from beginning to end. Youth will contribute to the design, content, and implementation of the platform, including what is created, how it works, 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 improve supports for other young people.

Although youth with lived or living experience related to mental health are encouraged to participate, this is not required.

### **What will youth do?**

Youth will be active collaborators on a team that may include researchers, designers, educators, mental health professionals, and technology experts.

#### ***Youth may:***

- Share ideas on content, features, and usability
- Provide feedback on early versions of the platform
- Participate in co-design and planning sessions
- Join group discussions with other youth and project team members
- Help shape how the platform is made relevant for young people

Youth may also have opportunities to learn about research, innovation, and project development while receiving mentorship from the team.

### **How much time will this take?**

Youth may be asked to contribute up to 4 to 6 hours in a week. At other times, it may be much less. We understand that school, family, work, sports, and life commitments are important.

**How will the project run?**

Most of the project will take place virtually so youth from across Canada can participate. If funding is secured, there may also be opportunities to meet in person. Any approved travel costs would be covered by the project.

**Who will I be working with?**

Youth will work with:

- Other young people from across Canada
- Researchers
- Designers
- Mental health professionals
- AI and technology experts

We want the environment to feel respectful, collaborative, and supportive.

**What does AI mean in this project?**

This project will explore how AI can be used to support mental health learning and improve access to helpful, evidence-informed information. Youth will play an important role in shaping how AI is used. The goal is for AI to enhance learning, engagement, and connection, not replace real people or professional care.

**Do I need to share personal experiences?**

No. Sharing personal experiences is completely optional. You can take part in a meaningful way without sharing private information. You choose if, when, and how much you share.

**Is this a research project?**

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

**Will I be paid?**

If the project secures grant funding, youth participants will be compensated for their time and contributions. Exact details will depend on the funding received.

**How long will the project last?**

The project is expected to take place over a period of approximately 4 years. Youth may remain involved even if they change schools or move.

**What if I want to leave the project?**

Participation is voluntary. Youth can leave the project at any time. If funding is secured, youth would be compensated for the time they already contributed.

**What if mental health topics feel difficult?**

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

**Why join?**

This is a chance to:

- Help shape a project that could support youth across Canada
- Share your ideas and experiences in a meaningful way
- Build leadership and collaboration skills
- Learn from university researchers and professionals
- Be part of something innovative and youth-focused

**Interested?**

For more information, please contact: [mentalhealthliteracy@ualberta.ca](mailto:mentalhealthliteracy@ualberta.ca)