

Youth Wellness Quest

Finding the right supports for you

Welcome to your Youth Wellness Quest! Below is a checklist that describes different parts of mental health and substance use care. You can use the checklist to note how important each part is for your own care. If you don't know what something is or want to learn more, you can find more information in the [Youth Wellness Quest Guide](#). The guide also provides other useful notes, like tips and questions you might want to ask your service provider.

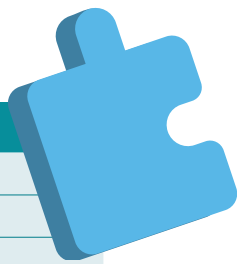
By the end of the checklist, you will have an idea of the types of services and supports that are important for you. You can use your completed checklist to find the services that suit you best. This can help you advocate for your mental health and substance use needs on your Youth Wellness Quest!



Section 1: Types of Services

Different types of services I am interested in

Is this important to me when I am getting support for my mental health or substance use?	How important is this to me?			
	Very	A bit	Not	Does not apply
Services that interest me				
Help only when I need it (e.g., walk-in counselling)				
Regularly scheduled appointments (outpatient programs)				
Services offered daily (day treatment)				
Help for mental health emergencies (crisis support)				
Living at the place where I will get help (inpatient/residential programs)				
What I want the service to offer				
One-on-one counselling				
Group counselling				
Support for my family				
Online/virtual options				
Support for challenges with my substance use				
Support/accommodation for disabilities (e.g., hearing or visual impairment, physical disabilities)				
Gender, sexuality and sexual orientation support (including support for 2SLGBTQA+ youth)				
Religious/spiritual support				
Cultural support (including services for Indigenous, Black, immigrant and refugee youth)				
Language/interpreter services				



More specific services

Physical health				
Sexual health				
Help with a job				
Help with my finances				
Sexual harassment/assault-related services				
Help with legal issues				
Pregnancy or parenting support				
Fun activities (e.g., art and music groups)				
Help with school or other types of training				
Help with my eating habits				

Medication

A professional who can prescribe medication				
A professional who can offer options other than medication				

Notes:

Section 2: People Who I Want Support From

People I would like to reach out to for support:

Is this important to me when I am getting support for my mental health or substance use?	How important is this to me?			
	Very	A bit	Not	Does not apply
Family				
Friends				
Caseworkers/care navigators				
Elders and other traditional teachers				
Mental health nurses				
Peer support (people who have experienced similar challenges)				
Psychiatrists				
Psychologists				
Social workers				
Teachers				
Therapists/counsellors				

Notes:

Section 3: Access

Things that would help me to get the services I need:

Is this important to me when I am getting support for my mental health or substance use?	How important is this to me?			
	Very	A bit	Not	Does not apply
Getting there				
Transportation support				
Locations near me				
Meeting me where I am (e.g., at school)				
Driving and/or parking available				
Mobility device-accessible (e.g., wheelchair)				
After school, evening and weekend appointments				
Free and low-cost services				
Notes:				

Section 4: Confidentiality and Privacy

Who I would like to know about my care and to be involved:

Is this important to me when I am getting support for my mental health or substance use?	How important is this to me?			
	Very	A bit	Not	Does not apply
Just me				
My family				
My friends				
My school				
Notes:				

This resource was developed by young people on CAMH's Youth Engagement Initiative and National Youth Action Council. It was supported by the Margaret and Wallace McCain Centre for Child, Youth and Family Mental Health and the Child, Youth and Emerging Adult Program.

