

# TAKE IT FORWARD



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

## Maintaining momentum on emerging adult mental health

**Emerging adulthood is a developmental life stage that doesn't fall within a specific span of years.** It's often roughly considered to occur between the ages of 14 and 25, though it can start as young as 12 and end as late as 30.

Young people move into adulthood at different paces. Yet many mental health services today don't take this into account: youth "age out" of the child and youth system at 18 or 19 and are often left without support when it's needed most. Mental health interventions at this developmental stage can change the course of a young person's life for the better, setting them on a solid path that continues to and through adulthood.

Service providers across Canada are recognizing that mental health services, policies and programs for emerging adults must be based on need instead of age—and that by working alongside emerging adults as experts in their own care, changing Canada's mental health care system is possible. The following resources can help providers in all communities make a difference for emerging adults in Canada.

75%

of mental health problems and illnesses start during childhood, adolescence or young adulthood.<sup>i</sup>

1 in 5

of all deaths among young adults aged 15 to 24 are due to suicide.<sup>iii</sup>

45%

of youth stop receiving services after they reach 18 or 19 years—at time when they need them most.<sup>ii</sup>

## The recommendations behind the resources

The resources here are based on four key recommendations—prioritized from 13 recommendations generated at the 2015 Consensus Conference on the Mental Health of Emerging Adults.

### 1 BASE SERVICES ON NEED

Recognize emerging adulthood as a developmental stage. Build policies, programs and services on need instead of age.

### 2 COLLABORATE ON CARE

Partner with emerging adults as experts in their own care to define outcomes and appropriate services.

### 3 INTEGRATE SERVICES

Break down barriers between services and sectors so all emerging adults benefit from continuity of care.

### 4 INVEST IN EVIDENCE

Devote time and money to evaluation, data collection, research and knowledge exchange for emerging adult mental health.

## Videos

Hear first-hand from emerging adults what it's like to access mental health services in Canada. *Emerging Adults Seek Change in Mental Health Services* has valuable perspectives on transitioning between services and ways of improving the mental health system to meet young people's needs.

For more emerging adult perspectives on mental health care, watch the panel discussion *How Emerging Adults and Service Providers Can Co-Create Mental Health Services*:

[mentalhealthcommission.ca/English/what-we-do/children-and-youth](http://mentalhealthcommission.ca/English/what-we-do/children-and-youth)



### WATCH THE SERIES:

[youtube.com/playlist?list=PL2NuAPXp8ohbUt1WW0-ga4afMYMmRSr7WZ](https://youtube.com/playlist?list=PL2NuAPXp8ohbUt1WW0-ga4afMYMmRSr7WZ)

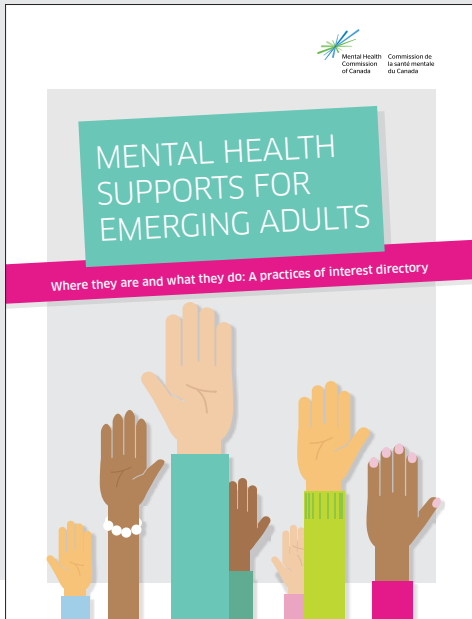


# Directory

Discover existing programs, resources, research and more from across Canada that support emerging adult mental health.

## Get the directory

[mentalhealthcommission.ca/English/what-we-do/children-and-youth](http://mentalhealthcommission.ca/English/what-we-do/children-and-youth)



**28**  
Programs,  
Services or  
Initiatives



**7**  
Research  
Projects



**12**  
Resources



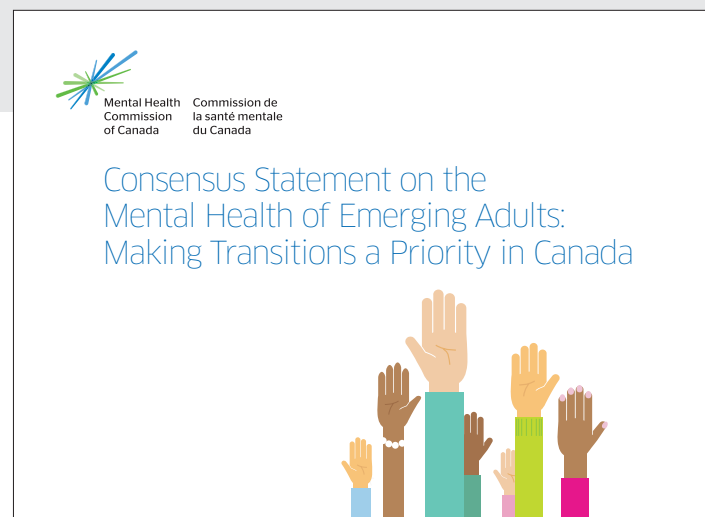
**2**  
Networks

## Building consensus on emerging adult mental health

Get insight into what emerging adults need from a mental health care system in *The Consensus Statement on the Mental Health of Emerging Adults: Making Transitions a Priority in Canada*. It includes 13 recommendations for service providers, policy makers and anyone else in a position to improve mental health care for emerging adults.

## Read the report

[mentalhealthcommission.ca/English/what-we-do/children-and-youth](http://mentalhealthcommission.ca/English/what-we-do/children-and-youth)



## Where it all began

In November 2015, the Mental Health Commission of Canada (MHCC) convened over 200 delegates from across Canada—including emerging adults, families, researchers, policy makers, clinicians and other stakeholders—gathered at Canada's first-ever consensus conference on emerging adult mental health. *The Consensus Statement on the Mental Health of Emerging Adults: Making Transitions a Priority in Canada* and its 13 recommendations are based on the discussions and deliberations that took place over that two-day event.

**200**  
Delegates

**16**  
Person-jury

**13**  
Recommendations

Since then, the MHCC's Canadian Advisory Group on the Mental Health of Emerging Adults has helped the Commission identify priority recommendations and develop resources to support them.

### HELP IMPROVE EMERGING ADULT MENTAL HEALTH

The early intervention of appropriate mental health services can save lives. Help advance the work that's been done so far. For more information, visit [mentalhealthcommission.ca/English/what-we-do/children-and-youth](http://mentalhealthcommission.ca/English/what-we-do/children-and-youth).

<sup>i</sup> Mental Health Commission of Canada (2015). *Taking the Next Step Forward: Building a Responsive Mental Health and Addictions System for Emerging Adults*. Ottawa, ON: Mental Health Commission of Canada, p. 5.

<sup>ii</sup> Ibid.

<sup>iii</sup> Mental Health Commission of Canada (2017). *Consensus Statement on the Mental Health of Emerging Adults: Making Transitions a Priority in Canada*. Ottawa, ON: Mental Health Commission of Canada, p. 13.

The views represented herein solely represent the views of the Mental Health Commission of Canada.

Financial contribution from  
Avec le financement de

