



Dania

I'm a Pakistani-Canadian student doing my Undergrad at UofT in Chemical Engineering. During my free time I like to write, read and create art. I think this project is a great initiative to help the newcomer youth of Canada adjust better to their new environment. I am quite attached to this project because I think that addressing the mental health for youth is especially important because this is their most formative time period- the experiences and memories from this time will then shape them into the people they become and if we can help them in any way then I think this will be very beneficial.





Dania



Captured in the photograph is a boundless expanse of golden sands meeting the endless blue of the sea and sky, merging seamlessly on the horizon. This space was chosen for its vastness, evoking a sense of freedom and possibility, where one can lose themselves in the rhythm of the waves and the whisper of the breeze. In a wellness space, youth crave the freedom to explore, dream, and connect with the vastness of the world around them, finding solace and inspiration in the boundless beauty of nature.



Dania

In a grassy enclosure, friends gather for a picnic amidst lush nature and beautiful ancient architecture. Laughter fills the air as they share food and stories, enjoying the simple pleasures of each other's company in this serene setting. In a wellness space, youth find relaxation and connection through the laid-back enjoyment of good food, friendship, and the tranquil surroundings of nature's beauty.





Dania

The photograph depicts a picturesque park adorned with lush green trees lining the banks of a swiftly flowing river, their vibrant foliage mirrored in the glistening waters below. This space was chosen for its harmonious blend of verdant beauty and dynamic movement, offering a tranquil retreat where one can find solace in the soothing embrace of nature's rhythms. In a wellness space, youth require opportunities to immerse themselves in nature's vitality, fostering a sense of connection and rejuvenation as they flow alongside the river of life.





Mansi

I am Mansi. I am from India and I am currently pursuing a program at Pures College Of Technology, in psychology ,it is Addiction and Mental health. I have a certificate in clinical psychology and back in my home country, I have worked with different hospitals and NGOs related to mental health to spread awareness about it and I have organized group counseling sessions and seminars at different places. Writing is my hobby so I have also helped organizations to write articles about how mental health affects our lifestyle. My main interest about youth mental health is because of how I have seen most of the people, including some of my own clients thinking that today's youth is themselves responsible for their problems, as they think that they are children and they do not have stress until they themselves create it, and they should think that this is making them stronger for life challenges, which is not, I want to spread awareness about this thing that no one should think of themselves as the problem, because mistakes happen and if anything is affecting us we should talk about it and seek help from others instead of thinking that going through it alone will make you stronger.



Mansi

It is a picture of a library, especially aisle 3 of this library, because it is the poetry line, and I feel like it has books that help me in organizing my thoughts more. It has services which does help newcomers and youth for accessing services and aids, which include mental health and financial services. Sometimes, it helps me in communicating with new people. It helps me in getting distracted if something is worrying me and at the same time helps me in talking about my mental health because I often meet with new people there.



Mansi

Second thing is my diary, I am a writer so yeah, the most safe place to write out everything that my brain and heart holds has been this diary, the safest and truest place for me. After writing out on this, I know that I can handle whatever life throws at me, I am capable enough of handling every storm and the toughest things that are thrown my way. This makes me feel like someone is listening and I do not have that fear of being judged here.





Mansi



- Third place, for me personally would be this corner of my college, because I often do zoom sessions with my clients, I am volunteering as a counselor, and I definitely think that has changed my perspective on what people think and feel, I have become more empathetic and non judgemental, I have learnt that vulnerability has a strength in itself, listening to people's stories, doing my work, improving and working on myself, this is my third safest place, I chose this because at the end of each session, I have a talk with my manager where she asks me about my own mental health, she takes care of me. She makes me feel valued and heard. It is attached below.



Janvi

Hi, I'm Janvi Sajeev. I'm an international student studying BBA at Algoma University. I'm originally from Kerala, India. My hobbies and interests include playing sports, especially football. I used to be the captain of my school football team. Another thing I love is watching movies and series. I also love listening to music, and I'm mostly into old Malayalam melodies. I also like photography and enjoy playing games with my friends. What made me interested in youth mental health is my experience. Back in my home, mental health or mental illness is not considered important. I grew up without knowing the importance of mental health. After coming to Canada, I learned about the significance and how we can improve our well-being.



Friends

I have a group of friends with whom I can share my feelings without the fear of being judged. They are my comfort zone and I feel safe to share my feelings and thoughts with them. The wellness space should provide opportunities for peer interaction, group talks, mentorship programs, and access to qualified professionals who can provide guidance and assistance as needed.



Janvi

Journal



Janvi



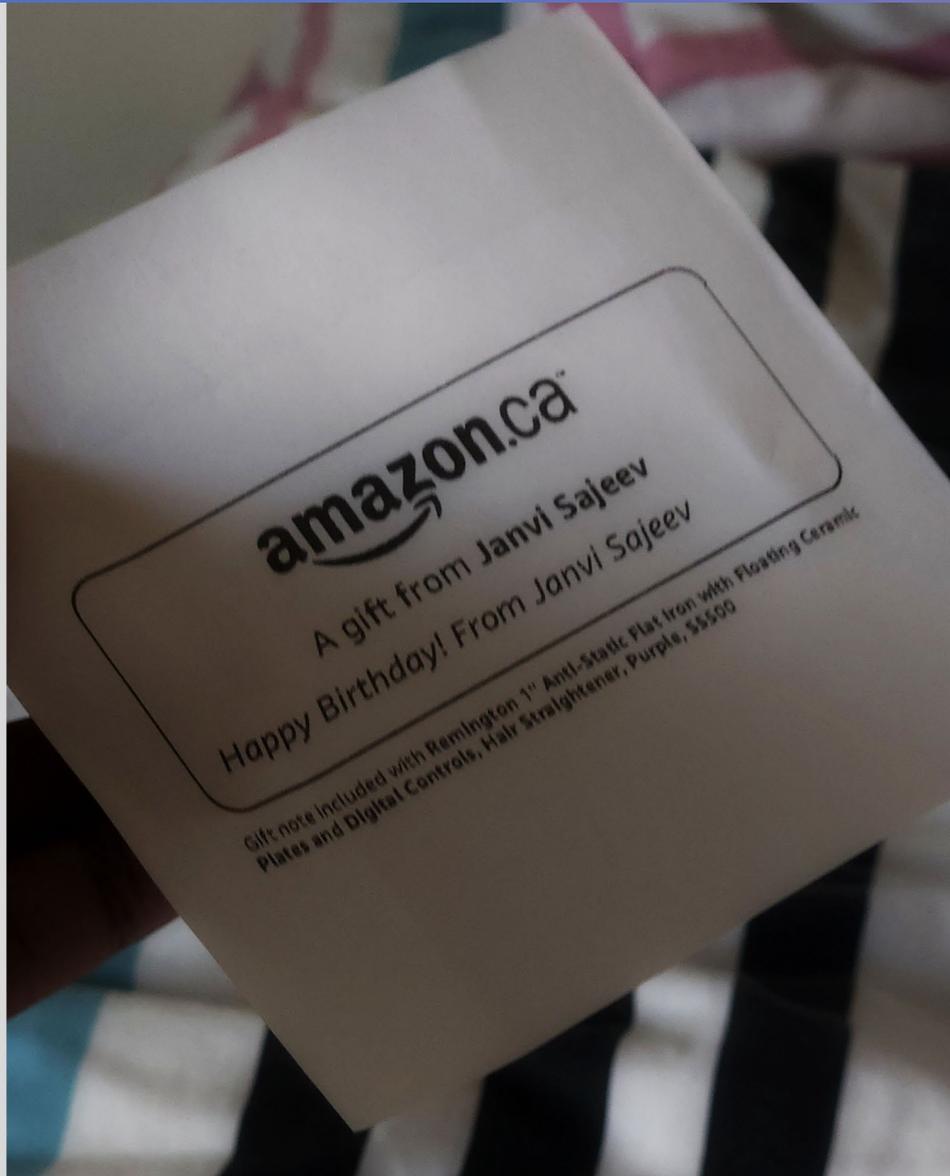
For me, Journals are not just ordinary books, it is my companion. It's a place where I'm not judged and I can share my innermost thoughts, dreams, and feelings. A wellness place must give a sense of solitude and comfort, allowing youths to explore their thoughts and feelings without fear of judgment.

Love Yourself

I treat myself with a gift when I achieve something. I believe self-appreciation is necessary for one well-being. Take time each day to think about the things you value about yourself and your life, no matter how insignificant they may appear. A Wellness Space must have comfortable seating areas, cozy nooks, and a calming ambiance and it can facilitate relaxation.



Janvi





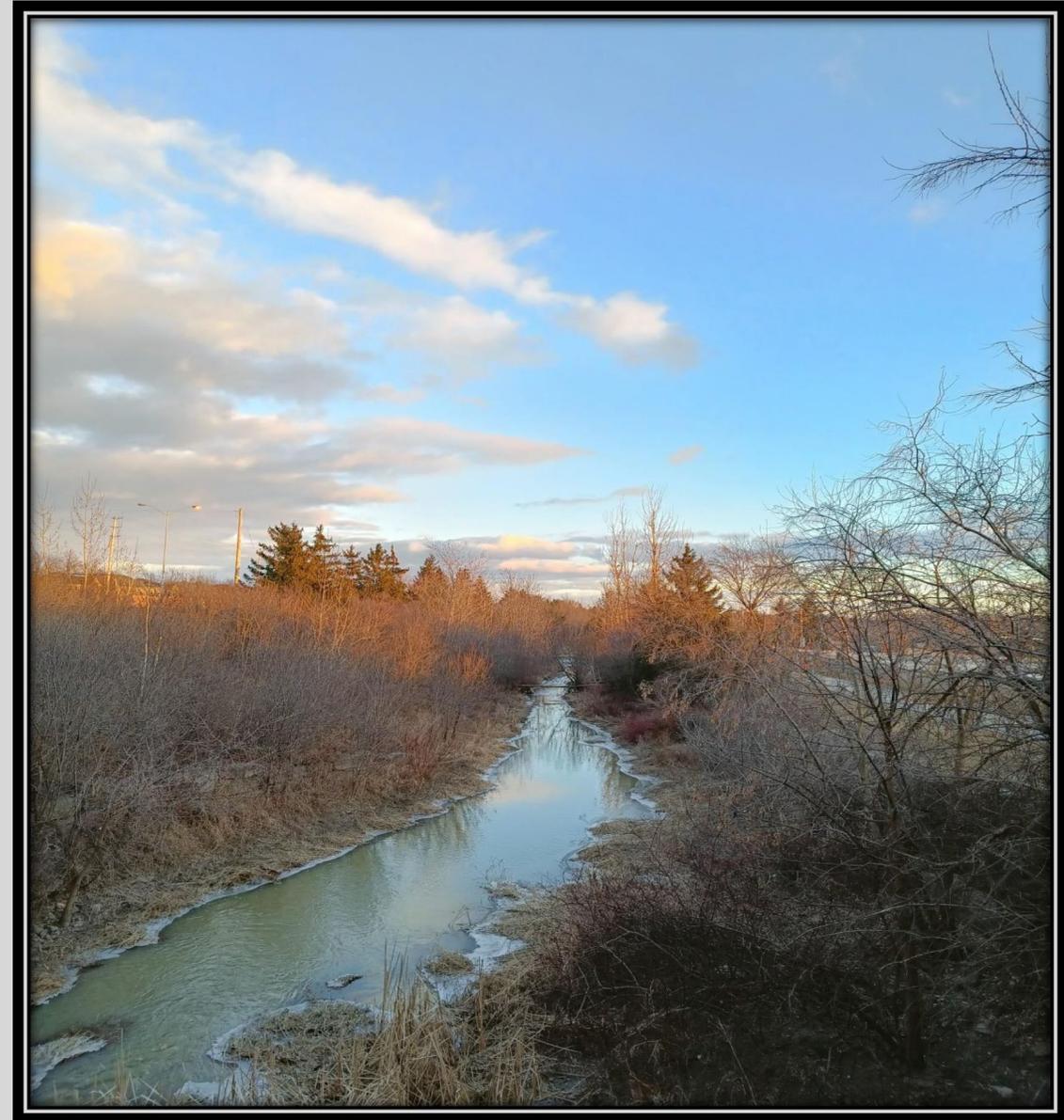
Nishant

I am Nishant, hailing from Punjab, India. I work in the field of retail banking, with a specialization in personal credit and loans. My professional journey has equipped me with extensive knowledge and experience in the banking sector. Outside of work, I am passionate about acting and spirituality, which help me stay grounded and balanced. My interest in youth mental health is driven by my personal journey of making conscious efforts to stay positive and maintain mental well-being. I believe in the importance of supporting young people in navigating their mental health challenges and fostering environments that promote well-being and resilience.



Nishant

Standing on the bridge overlooking the creek near my home, I watch as the water flows gracefully through the woods. It's a moment of reflection, a reminder that life moves forward regardless of what has passed, what's happening now, or what lies ahead. Instead of dwelling on the uncontrollable, I'm inspired to embrace the present, to live fully in the here and now. Like the water, I realize the importance of flowing with the current, of surrendering to the moment and enjoying the beauty that surrounds me. Amidst the gentle whispers of nature, I find solace in affirmations and self-talk, knowing that in this vast world, it's only me who truly understands myself. It's a profound realization that empowers me to navigate life's uncertainties with grace and resilience.





Nishant

As raindrops fall, my eyes linger on the image of my childhood home in India, embraced by lush greenery and colourful flowers. Memories flood my mind, bringing comfort amidst the solitude of a foreign land. Sometimes, loneliness creeps in, accentuating the absence of familiar comforts like a stable job, a car, a place of my own, and savings. But the photo reminds me of the love and support waiting for me back home. It's a gentle reminder that, despite the challenges of starting anew, my roots hold the key to happiness.

In this journey of growth, I realize the importance of youth understanding that while chasing dreams, it's essential to stay connected to their roots. It's about appreciating where they come from and finding strength in the support of family and home. Through adversity and longing, these connections become their anchor, guiding them towards true fulfilment and happiness.





Nishant

Nestled amidst the city's hustle and bustle, there's a quiet haven I always retreat to – this serene park. As I stroll among the trees, feeling the sun's gentle warmth on my skin and hearing the leaves whisper secrets, I'm enveloped in a sense of peace. It's a place where I feel small, yet connected to something much larger – a reminder that no matter how daunting my problems may seem, the sun will always rise again. For young people seeking wellness, spaces like these offer a refuge from the noise of daily life, a chance to reconnect with nature and find solace in its simple beauty.





Lisa

My name is Lisa and I am an International student from Vietnam. I am studying at Applewood Heights Secondary School and plan to pursue a career in psychology. I find importance in mental and physical health and enjoy building healthy habits such as a nutritional diet, daily walks in nature, gym workouts, and hobbies that promote self-growth. My ultimate passion is to spread positivity, love, and joy to everyone I meet - hopefully, that is reflected in my Photovoice work.



Lisa

Imagine sitting on a soft sofa with the fluffiest pillows around you to cuddle, in a space with open windows filled with beautiful morning sunlight, you would feel the utmost comfort and peace. This photo shows my favorite space in my aunt's home, as its set-up is ergonomic, and relaxing, and the sunlight passing through it gives me serotonin that boosts my mood every morning. I believe a cozy sofa and a refreshing area filled with sunlight is what youth would love for a 'wellness space.'





Lisa

Here, we have an open space filled with green and sunshine in a backyard, with a ceiling providing cooling shadows overhead the couch and tea table. This is my second favorite space in my aunt's home as it allows me to have some refreshments like tea and cake, harmonize with nature, and enjoy the fresh air when it is warm outside. As Angie Weiland Crosby once said, "Nature is the purest portal to inner peace," a wellness space exposing us to nature is what youth need most for healing and peace of mind.





Lisa

A private, cozy space with a minimalistic lunch table, a couple of chairs gathering around it, and a window filled with sunlight is where I would feel safest and most comfortable talking about mental health. For me, a neat and simple setting itself is aesthetically pleasing to be in, and when sharing about mental health, a private space is always most reassuring. Youth especially need a lot of sunlight to lighten up the mood in a wellness space, and it would be ideal to enjoy a cup of tea in beautiful weather.



Cid

- **Name:** Cid Rey Red
- **Origin Country:** Philippines
- **Hobbies:** Volleyball, Badminton, Hiking, Trails
- **Educational Background:** BS Chemical Engineering / Post-Secondary Graduate Certificate in Project Management
- **Interest in Mental Health:** I am a student leader who advocates for youth empowerment and mental health. I am a seasoned facilitator and have handled self-awareness seminars and training to support my cause.





Cid



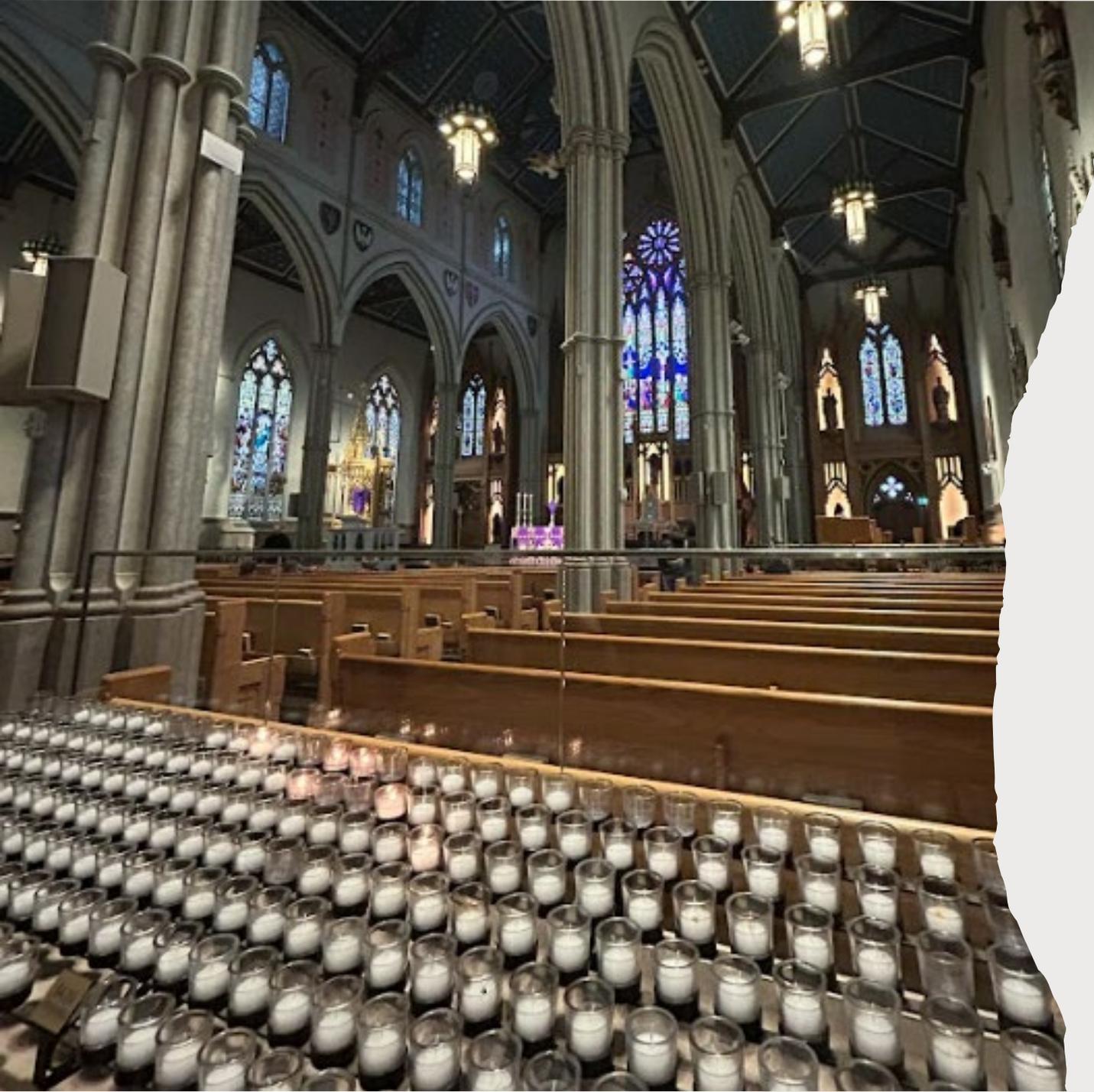
Nature has its way of healing you. A walk in the park, and especially with friends, makes me comfortable talking about just anything.



Cid



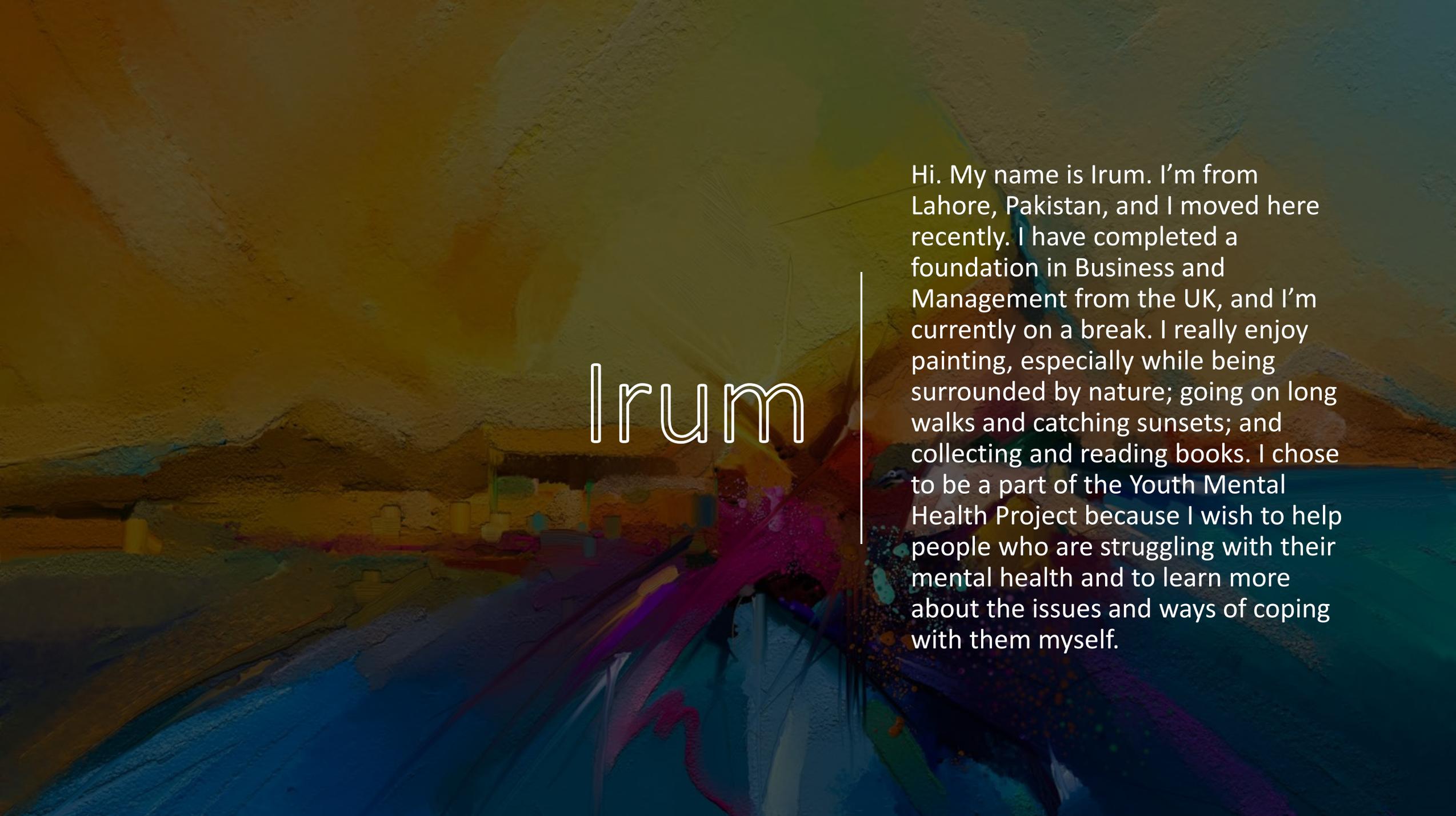
How I wish everything's a playground because I just want to have fun. Kids had so much fun here even if they just met.



Cid



For where two or three are gathered together in My name, there am I in the midst of them. When I pray I don't feel so alone. I don't know everyone at Church but I feel safe knowing that we are all speaking to the same person.

An abstract painting with a textured surface. The top half features warm, earthy tones of brown, tan, and yellow, while the bottom half transitions into cooler shades of blue, purple, and magenta. The brushstrokes are visible, creating a sense of depth and movement.

Irum

Hi. My name is Irum. I'm from Lahore, Pakistan, and I moved here recently. I have completed a foundation in Business and Management from the UK, and I'm currently on a break. I really enjoy painting, especially while being surrounded by nature; going on long walks and catching sunsets; and collecting and reading books. I chose to be a part of the Youth Mental Health Project because I wish to help people who are struggling with their mental health and to learn more about the issues and ways of coping with them myself.



Irum

Most evenings, I sit on the balcony and look for the moon. It is a reminder that life has so many phases and it could still be beautiful in each and every one. Sometimes I talk to the moon, about thoughts and feelings. It makes me feel heard and no matter what I express, I don't feel judged.

Irum

- Whenever I feel overwhelmed by my emotions and thoughts, I sit in nature or any place that I feel comfortable in and try to imagine things that bring me peace and try to paint them. When there are no words that could describe one's feelings, art and nature could be a really good rescue.
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Irum

Drives with my best friend or my brother when I feel too exhausted is something that helps me the most. I get the time to relax and get distracted for a while. Especially when I'm with the people that I love, it makes me feel safe and comfortable.



Harsha

- **Name:** Sri Harsha
- **From:** Brampton
- **Hobbies/Interests:** Reading books and playing games(Badminton, Cricket)
- **Work/Education:** Working as Software Engineer
- **Interests on Youth Mental Health:** Exploring interests on youth mental health can pave the way for impactful change and support.



Harsha

This cozy reading nook in my home is my sanctuary. Surrounded by soft pillows and warm blankets, it offers solace and refuge from the chaos of the world. Here, I can escape into the realms of literature, allowing my mind to wander freely and find peace. I chose this space because it embodies comfort and safety, fostering a sense of calmness that encourages introspection and relaxation. In a 'wellness space,' youth need a place where they can retreat from the pressures of everyday life, allowing them to recharge and reconnect with themselves.



Harsha

This sunlit garden corner in my backyard is where I find tranquility and rejuvenation. Surrounded by vibrant flowers and lush greenery, bathed in sunlight, it fills me with a sense of vitality and optimism. I chose this space because nature has a profound healing effect on my mental well-being, offering a reminder of life's beauty and resilience. In a 'wellness space,' youth need access to nature, allowing them to ground themselves in the present moment and find solace in the simplicity of the natural world.



Harsha

This community park bench overlooks a serene pond, offering a space for reflection and connection. Surrounded by the laughter of children playing and the gentle rustle of leaves, it creates a sense of belonging and community. I chose this space because it highlights the importance of social connection in mental health, reminding me that I am not alone in my struggles. In a 'wellness space,' youth need opportunities for social interaction and support, fostering a sense of belonging and empathy that promotes mental well-being.

Anonymous



I chose a large aquarium filled with fish of different sizes. I chose this aquarium because I was thinking about how the fish have everything they need to thrive in their enclosed environment. I think youth need access to all the basic necessities, such as food, water, and approachable people to feel comfortable sharing their experience.

Anonymous



I chose a collection of plants in front of a window. I chose this greenery because plants are an important feature found in a space that is a welcoming sanctuary to which one can retreat. Youth need a space that is well-ventilated and filled with oxygen, as well as clean air to help them recall their past and focus on the present.

Anonymous



I chose a beautiful rock painting I found outside a building. I chose this painting because I think the scenery is relaxing. I think youth need to feel at ease to open up about their feelings and emotions.

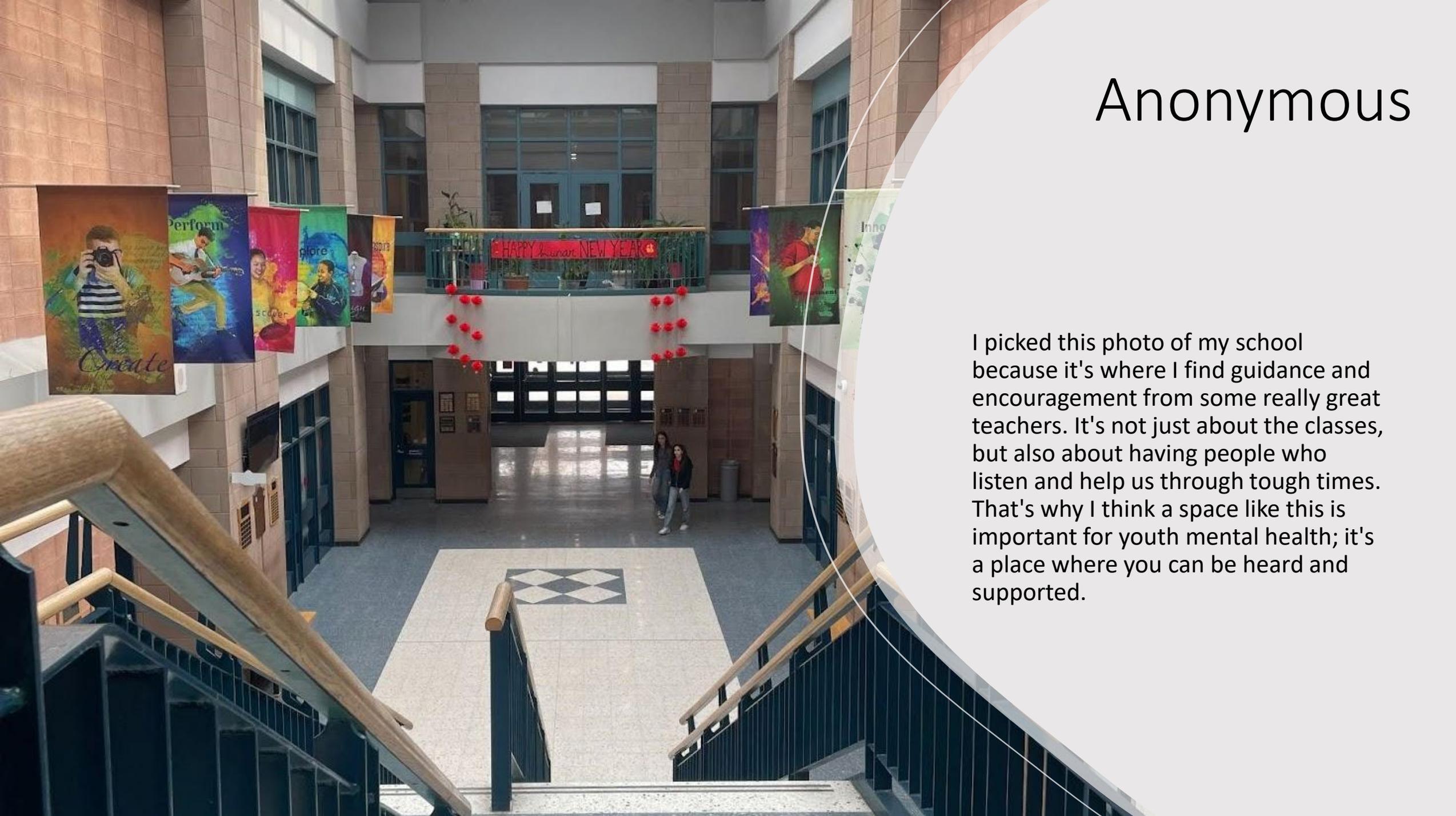


Anonymous

I chose a mosque as it is a peaceful place that offers a sense of safety and community. The open space and quiet are comforting, which I believe is essential in a wellness space for youth to feel at ease. Here, I also engage in prayer, deepening my connection to God and finding inner peace.

Anonymous

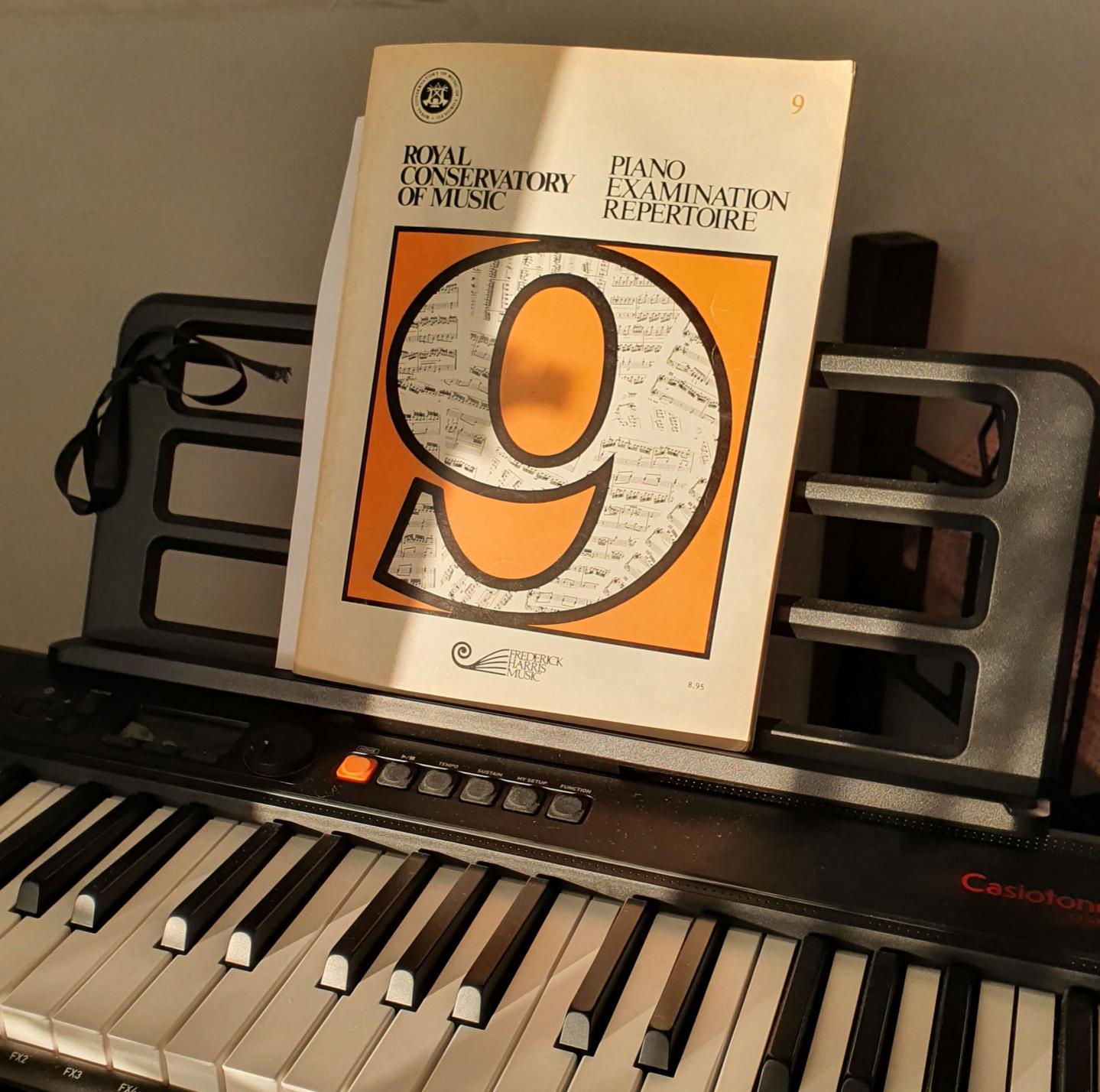
I picked this photo of my school because it's where I find guidance and encouragement from some really great teachers. It's not just about the classes, but also about having people who listen and help us through tough times. That's why I think a space like this is important for youth mental health; it's a place where you can be heard and supported.





Anonymous

I selected my cats as a feature of space in my home because they represent comfort and companionship. Their gentle purring and soft fur offer a unique kind of peace that can ease my mind. In a youth wellness space, elements that provide a sense of calm and unconditional support, like the presence of pets, are invaluable for mental health.



Daphne

For me, music was always a perfect way to capture my emotions of both sadness and happiness. At times when my own body could not contain the intensity of these feelings, piano was the thing that helped me get through it. I believe that for every person music carries a certain value, since it is one of the oldest forms of art. This is why I believe that having an image of an instrument like this would be a great addition to a wellness space, and make the youth feel something close and comforting for them in a new arrangement.



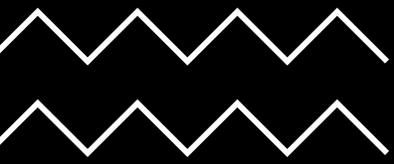
Daphne

Some people tend to see rain as a symbol of sadness or emotional outburst, but I believe that when you look at the bigger picture, rain is a perfect way to show cleansing, renewal and the cycle of life. We all know that there would be no rainbow without rain, and there would be no happy moments without bits of despair. For this reason a photo of the rainy street seemed great for a wellness space, and I think its symbolism would bring comfort to many people. Seeing the rain gives us the perfect reason to stop for a moment and appreciate all of the perfect sunny days we are used to taking for granted.

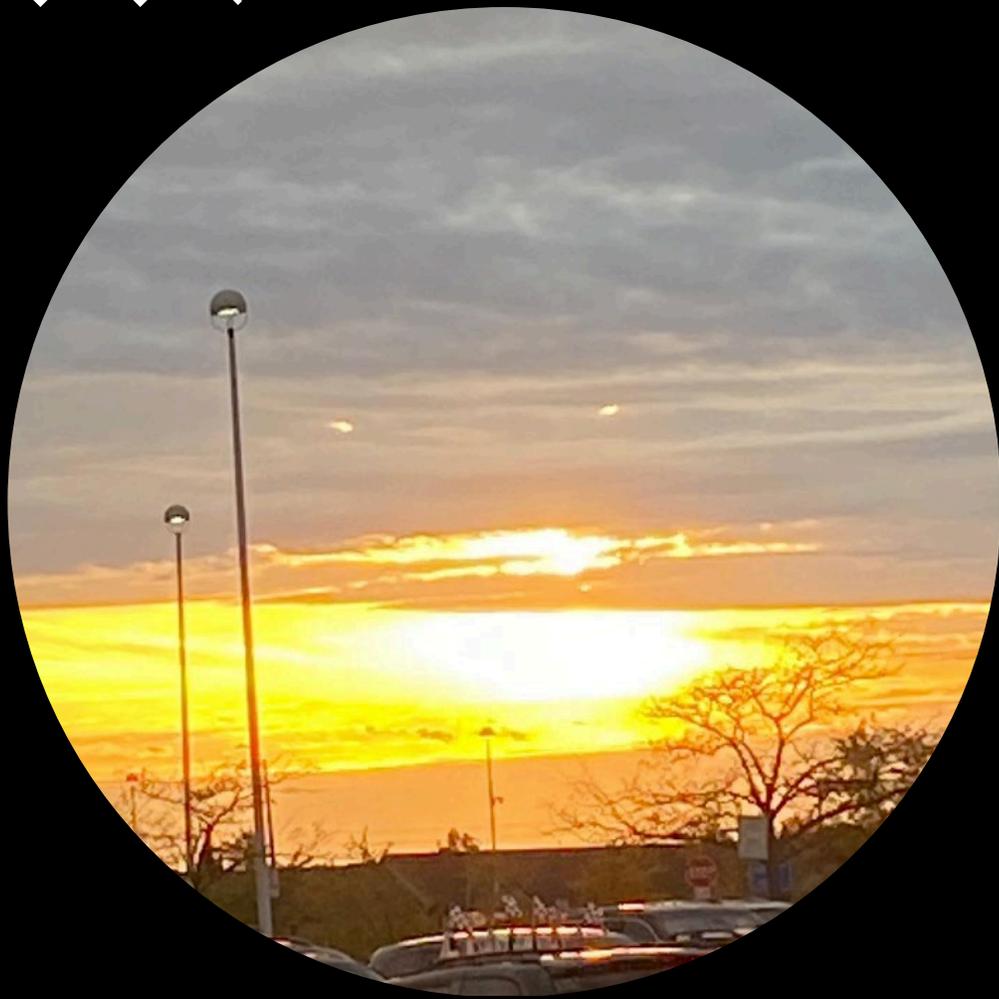
Daphne

Nature and animals have always been soothing to people, so in my mind a comforting wellness space should include some pictures of those things. In this photo I wanted to capture a jellyfish, because they are such elegant and smooth creatures that I simply cannot take my eyes off of them, wondering of the symbolism I could find in their soft and effortless motions. It is wonderful how even jellyfish can give us something to learn from their unforced floating. At the end of the day, maybe if people were to relax and give in to the flow of life we could achieve this level of elegance?



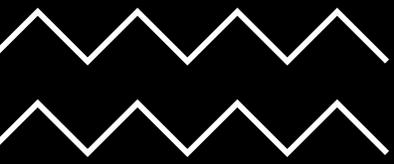


Grace



I chose this photo because I think the sun is an important part of a safe place. I feel the sunshine brings positivity and helps people to have a good time telling what they think and feel.





Grace



Another feature that I think is a safe place for people to speak about their mental health is plants. I think it gives a peaceful vibe that helps people to talk easier about what they are currently facing. It also helps people to stay calm in a way.



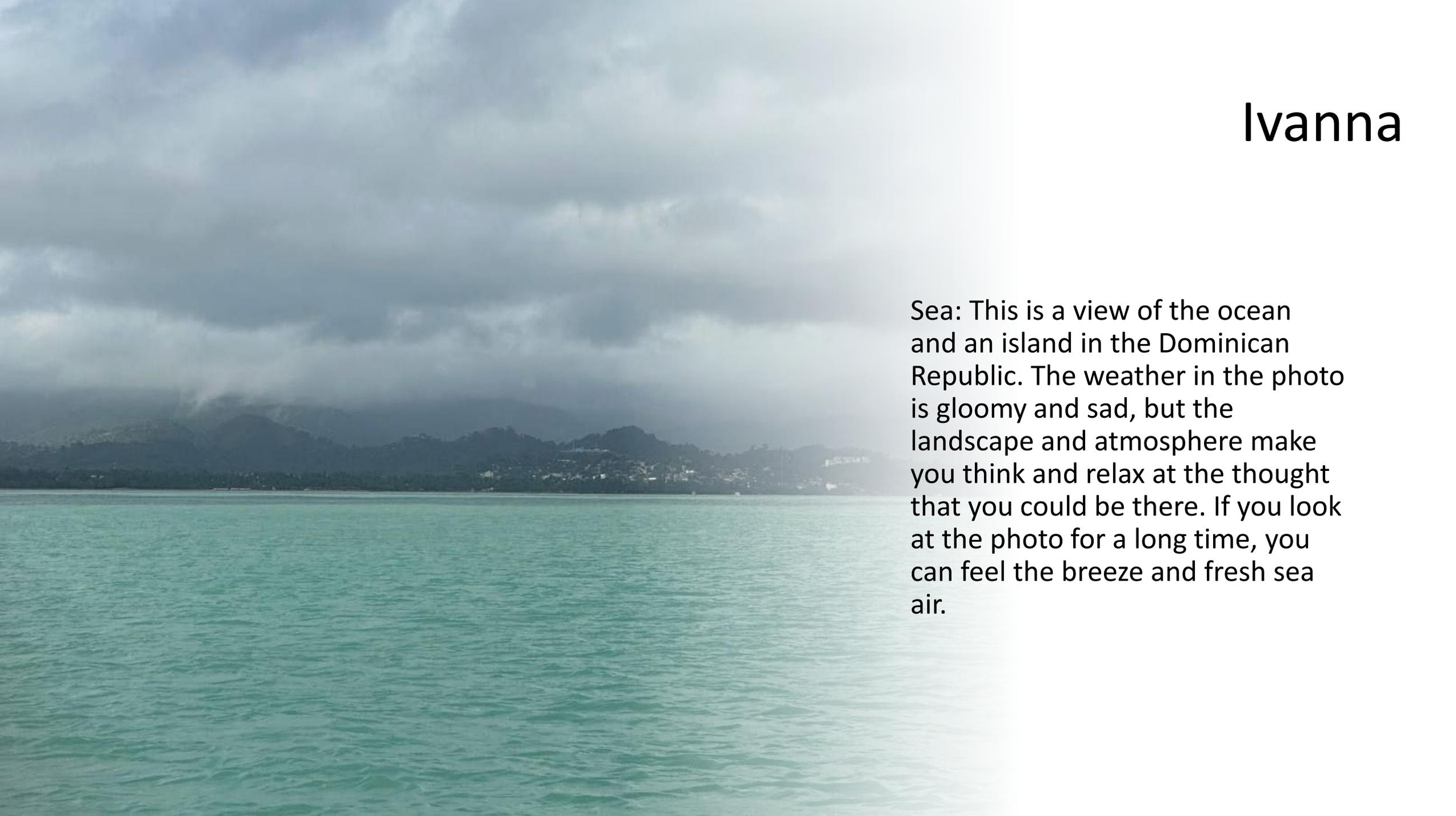
Grace



The third feature a safe space needs to have is a sense of caring, understanding, and respect. This image kind of gives me a sense of that because it's sweet and lovely. Therefore, I put this image in the hope of conveying the important feeling the environment needs to bring.



Ivanna

A landscape photograph showing a wide expanse of turquoise water in the foreground. In the middle ground, a coastal town with buildings is visible, nestled at the base of a range of dark, forested mountains. The sky is filled with heavy, grey clouds, creating a gloomy atmosphere. The overall scene is serene and evocative.

Sea: This is a view of the ocean and an island in the Dominican Republic. The weather in the photo is gloomy and sad, but the landscape and atmosphere make you think and relax at the thought that you could be there. If you look at the photo for a long time, you can feel the breeze and fresh sea air.

Ivanna

Bounty: I'm sure this image is perfect for calming anxiety and relaxation. A feeling of safety and security envelops you as you look at the wet sand and the sun painting the sky with colors of goodness, freshness and joy. The sky is decorated with clouds, which are warmed by the heavenly sun at the end of the day, adding a lovely and pleasant atmosphere that makes you let go of anxiety and feel calm.

Ivanna

Looking out the window from a room lit by a light but romantic sun.





Raymond

Bathed in the warm glow of sunshine, a carpet of lush green grass stretches endlessly, offering a sanctuary of comfort and serenity. In this tranquil haven, with no souls but the gentle rustle of leaves and the chorus of birdsong, I find solace amidst nature's embrace, where the symphony of the elements whispers peace to my soul.

Raymond



In the sunny café, sunlight streams through the windows, creating a peaceful atmosphere. With just a few people around, it feels calm and relaxed, perfect for unwinding and enjoying a moment of tranquility. I love the atmosphere which can make me stay calm.



Raymond

Captured on my way to work, the photo showcases a serene winter scene with snow-covered grass. Despite the briskness of the air, there's a sense of calm and peace, offering a peaceful start to the whole day.

Farzana



Other initiatives

I strongly believe that guidance counsellors are incredibly valuable. Particularly when students are dealing with problems or stress.





Farzana

The library is an ideal environment for youths to share their mental health experiences as it provides a tranquil and serene setting.



Farzana

Gathering outdoors at home with parents, friends, and siblings is another beneficial way for youths to discuss their mental health challenges.

Victoria

In the picture, tree branches stretch towards the sky, creating a peaceful view. Sitting in the grass and looking up, I feel free, calm, and comfortable, making it a perfect spot to talk about how I feel inside.



Victoria

The image captures a serene lake under a bright sun, presenting a typical scene of natural beauty. It offers a sense of calm and contentment, portraying a familiar and comforting view of the world.



Victoria

The image depicts a collection of stones piled together like a tower beside the sea. It's a simple yet striking sight, symbolizing balance and resilience amidst the vastness of the ocean. It makes me feel peaceful when I sit beside it.



Frank

Sky gives me hope.



Frank

Railway brings me far.



Frank

Candle lights me up.



Harsh

Brampton Triveni Mandir: Situated in Brampton city, the Brampton Triveni Mandir holds significant spiritual value for me. While it may not be traditionally categorized as a wellness center, it serves as a sanctuary where I find peace of mind and solace, often discovering answers to my queries.



Harsh

Wellness Centre, 5110 Creekbank Rd, Mississauga, Algoma University: This wellness facility, nestled within Algoma University, plays a pivotal role in supporting students' holistic well-being. Offering vital external assistance, it addresses various wellness-related concerns students may encounter during their academic journey.

