



Autism Mental Health Promotion (AMHP) Program: Mental Health Literacy Project Recruitment Page

ABOUT THE AMHP MENTAL HEALTH LITERACY PROJECT

The mission of the Autism Mental Health Promotion (AMHP) Program Mental Health Literacy Project is to promote mental health and wellbeing in autistic people¹. This mission will be accomplished by:

- Working with the autistic and autism communities (autistic adults, family members and service providers) to expand the Canadian perspective and knowledge of mental health in autism.
- Developing accessible and user-friendly mental health resources and materials with autistic adults, family members and service providers for the Canadian autistic and autism communities.

We want to promote mental health by developing and circulating mental health informational materials online and in print resources for autistic individuals, their families, and service providers. We are aiming to develop Canadian autism mental health materials that are written for autistic adults, for family members, and for service providers, which will increase their knowledge of how to prevent a mental health problem and stay mentally healthy; recognize mental health problems if they develop; identify effective self-help strategies for mild-to-moderate difficulties; and steps we can take to help others in need.

We want to receive guidance from diverse advisory groups on how the autism mental health information should look, in terms of content and in terms of products. We aim to produce written Canadian autism-specific materials, videos of specific content, a webinar, and a day-long training curriculum that autistic individuals can use to teach others about autism mental health.

RECRUITMENT

We are looking to form three advisory groups to assist in the AMHP Mental Health Literacy Project (each group will have 12-15 individuals):

- 1) autistic adults
- 2) family carers (parents/caregivers or siblings)
- 3) service providers

Each advisor will have the opportunity review materials, co-develop new resources and provide input on how we can improve autism mental health literacy in Canada. Advisors will come from across the country and from diverse cultural backgrounds.

Advisors will have the option to communicate with Paula, the project coordinator, by email, on the phone or by online video conferencing throughout the project (there are no planned in-person meetings for this project). The Mental Health Literacy Project advisors' involvement will start Fall of 2019 and could last up to Spring of 2021.

Each advisor needs to be:

- 18 years of age or older
- A Canadian citizen
- An autistic adult, a family member of an autistic adult, or a service provider for autistic people

NEXT STEPS

If you are interested in becoming an advisor, or if you have any questions about the AMHP Mental Health Literacy Project, please contact Paula at tablonp@yorku.ca, or by phone (416) 736-2100 ext. 22987

¹ Note about terminology:

Throughout the AMHP Program, we will be using the terminology "autistic person" when communicating about autism. We are aware of considerations regarding identity-first language (e.g., autistic people) as well as person-first language (e.g., people with autism), as well as recent research indicating that there are many preferences to the language used. This terminology was chosen to recognize, affirm, and validate an individual's identity as an autistic person.