



**Mental
Health
Council**
OF TASMANIA

Youth Mental Health Access – Pathways

Supporting Help-Seeking for Youth Mental Health

SUMMARY

Youth Mental Health Access (YMHA) – Pathways is a pilot focused on improving how young people understand, access, and experience mental health support across Tasmania. It is grounded in research with young Tasmanians, parents and carers, and informed by the insights of youth mental health service providers.

THE BENEFITS

- ▶ Strengthening alignment between service delivery and current youth needs
- ▶ Youth-friendly explanations of the levels of care and stepped care pathways
- ▶ Young people’s lived & living experience informing service improvement and system design
- ▶ Evidence informed resources co-designed with young people
- ▶ Reduced confusion at service entry points and improved navigation of the mental health system
- ▶ A resource for Members to distribute, strengthening their capacity to support young people who use their service

THE INITIATIVE

YMHA – Pathways is aimed at strengthening help-seeking behaviours among young people aged 15–24 years in Tasmania. This pilot will use the Initial Assessment and Referral (IAR) Framework to guide campaign design, ensuring young people and those who support them can better understand mental health, their mental health needs, available levels of care, and appropriate pathways to access support.

The pilot will be co-designed with young people, their caregivers, and mental health professionals, and will focus on improving mental health literacy, addressing barriers to help-seeking, and supporting timely and appropriate engagement with care.

By sharing key insights and actionable recommendations from this pilot, *YMHA – Pathways* will contribute to a more connected, responsive, and youth-centered mental health system in Tasmania.

HOW TO GET INVOLVED

To find out more, and to get involved, email us at enquiries@mhct.org