

FOR RELEASE  
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## **Mental Wellness Summit to spark ideas for building a healthier Yukon**

WHITEHORSE—The Government of Yukon invites mental health stakeholders and the public to attend a Mental Wellness Summit June 23 and 24, in Whitehorse.

Jointly hosted by the Department of Health and Social Services, the Kwanlin Dün First Nation and the Council of Yukon First Nations, attendees to the two-day summit will brainstorm ideas and solutions to support the recently released Forward Together: Yukon Mental Wellness Strategy 2016–2026.

"The focus of these two days will be on talking with service providers, service recipients and others with experience in the field to identify current service gaps," Minister of Health and Social Services Mike Nixon said. "This work will be extremely valuable in giving us direction for our next steps."

Due to the overwhelming support for the forum there is limited space remaining. Key partners have been invited. However, spots remain available for members of the general public who may have interest or knowledge to share.

"Mental Health issues affect everybody in a community," Nixon added. "If you have a personal story about how your own life has been impacted, we want to hear from you."

Over the two days, participants will talk about what works and what doesn't. The discussions will be structured around the four pillars of the mental wellness strategy and will focus on finding real solutions that support the mental health of Yukoners.

First Nation partners will lead an exercise to share perspectives of the historic relationships between First Nations and non-First Nations.

At the end of the second day, a special post-summit discussion on foster care will focus on the supports required to maintain and improve the mental wellness of caregivers and the children and youth for whom they provide care. This discussion will include foster parents, kinship caregivers and extended family caregivers.

"We are packing a lot into these two days, and we know that we will get strong direction for our next steps in order to make the 10-year mental wellness strategy work for Yukoners," Nixon said.

### **Learn more**

To register for the summit: <http://www.hss.gov.yk.ca/forwardtogether.php>

Forward Together: Yukon Mental Wellness Strategy: [hss.gov.yk.ca/forwardtogether](http://hss.gov.yk.ca/forwardtogether)

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### **Contact:**

Elaine Schiman  
Cabinet Communications  
867-633-7961  
[elaine.schiman@gov.yk.ca](mailto:elaine.schiman@gov.yk.ca)

Pat Living  
Communications, Health and Social Services  
867-667-3673  
[patricia.living@gov.yk.ca](mailto:patricia.living@gov.yk.ca)

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