

COUNCIL MEMBERS' MOTION

*For consideration at the Standing Committee on Policy and Strategic Priorities meeting on
November 26, 2025*

1. National Child and Youth Mental Health Day Actions

Submitted by: Councillor Lisa Dominato

WHEREAS

1. National Child and Youth Mental Health Day is observed annually across Canada on May 7, a day dedicated to raising awareness about the mental health challenges faced by children and young people, and to fostering strong, supportive relationships between youth and the caring adults in their lives;
2. Rates of mental health concerns among children and youth have risen significantly in recent years, with increasing reports of anxiety, depression, social isolation, and stress linked to factors such as academic pressures, affordability challenges, and the lingering social impacts of the COVID-19 pandemic;
3. Early awareness, prevention, and the building of protective connections between young people and trusted adults are recognized by public health experts as essential to improving long-term mental health outcomes and resilience;
4. The Children, Youth and Families Advisory Committee (CYFAC), whose mandate includes advising Council on matters affecting the well-being of children, youth, and families in Vancouver, considered and passed a motion at its recent meeting recommending that Council take further action to support youth mental health awareness and connection;
5. Through that motion, the Committee recommended a set of actions for Council's consideration to strengthen public awareness and engagement, and to promote collaboration among civic and community partners—including Schools, Community Centres, and Public Libraries—in advance of future observances of National Child and Youth Mental Health Day; and
6. Supporting youth mental health aligns with the City's broader commitments to social equity, inclusion, and community well-being, as reflected in the Healthy City Strategy and other Council directions.

THEREFORE BE IT RESOLVED

- A. THAT Council acknowledge and thank the Children, Youth and Families Advisory Committee for its leadership in passing a motion recommending actions to strengthen youth mental health awareness in Vancouver.
- B. THAT Council affirm the City's commitment to youth mental health and well-being by annually recognizing National Child and Youth Mental Health Day (May 7) through an official Proclamation.
- C. THAT Council direct staff to consult with the Children, Youth and Families Advisory Committee and Vancouver Coastal Health on ideas to promote youth mental health awareness in anticipation of National Child and Youth Mental Health Day 2026 and implement promotion ideas as feasible.

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