

#HearNowON

Key messages

About #HearNowON

#HearNowON is a student voice initiative designed to better understand the mental health learning needs of students across Ontario.

This year, #HearNowON is led by School Mental Health Ontario (SMH-ON) and the Centre for School Mental Health at Western University.

- [School Mental Health Ontario](#) is a provincial support team focused on school mental health in the province of Ontario.
- [The Centre for School Mental Health](#) aims to address the need for improved school-based services for youth from kindergarten to grade 12 who may be at risk for, or who present with, mental health challenges.

This is our third iteration of #HearNowON. This project started in 2019 and since then, has been launched every three years to ensure that the work at SMH-ON reflects the current mental health needs of students across Ontario.

Eligibility

This opportunity is open to Ontario students in grades 7-12 attending a publicly funded school board.

By sharing their perspectives, students will help us:

1. Gather ideas on how to build and sustain mental health promotion and knowledge.
2. Hear perspectives on how school communities can adopt a reconciliation and equity-based approach to school mental health support.
3. Understand what needs to be in place to support student leadership in mental health and wellness.

How to get involved

Students can participate in #HearNowON through:

- **Virtual focus groups:** Join a group discussion to share your thoughts and ideas.
- **Online survey:** Share your perspectives through a survey, available until March 2025.



Both focus groups and survey require consent from a parent or caregiver.

Participants in focus groups will receive an honorarium for their time. The focus groups will be audio recorded.

For more information and to participate, visit [our website](#).

