

**College of Nursing
University of Saskatchewan**



Newcomer youth from ethnic minority groups are invited to participate in a

RESEARCH project called

Co-developing mental literacy and self-care resource for racialized newcomer youth in Regina, Saskatchewan: A youth-led participatory action research.

What will you do?

- **Take photos that reflect the impact of immigration on your mental wellness**
- **Participate in a one-hour discussion about the photos you will have taken.**
 - **Develop an exhibit using the photos you will take to be viewed by the community**

To be included in the study, you must be between 16-25 years old, have lived experience with a mental illness and have received care in Canada.

You also need to be fluent in English

This phase will take 4-8 weeks to complete, with a time commitment of 30 minutes to one hour per week.

For more information about this study, or to volunteer for this study,

please contact:

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This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board