

Welcome to

FRAYME

Your global network for
**integrated youth
mental health.**

Are you interested in transforming the youth wellness system?

Frayme is an international network that promotes connections between mental health, physical health and social services working to build a healthy future for the young people of our world. Frayme gathers and shares evidence from research, practice, and lived experience, and supports changes to transform the way young people get help. Learn more about Frayme at frayme.ca.



Frayme's Family Advisory Committee is growing...Join us!

The Family Advisory provides guidance and recommendations surrounding family engagement and family perspective to Frayme's leadership in order to ensure that efforts to transform the youth wellness system reflect the needs, concerns and perspectives of families. The advisory also ensures Frayme maintains a commitment to family engagement throughout its work.



You'd be a great fit if:

- You're a family member¹ of a young person who has received mental health and/or substance use care
- You're at least 18 years of age²
- You live within Canada
- You're a big picture thinker who can consider issues beyond your own experience
- You can engage in respectful discussion with others who may bring different viewpoints
- You have advocacy experience
- You're familiar with the mental health system and have some understanding of related evidence
- You have time available for one in-person meeting each year (within Canada) and at least two additional teleconferences per year
- You're able to commit to a 2-year term, with the option to renew for an additional year
- You're interested in making a significant impact on youth well-being around the world

What's in it for you?

- An opportunity to meet others with similar experiences
- A chance to partner on innovative projects to help transform the way young people access support
- An honorarium in recognition of your contributions (costs associated with any travel, accommodations and expenses will also be covered)

If you think this opportunity may be for you, please review the Family Advisory Committee's Terms of Reference and contact Hilary Allen (Family Advisory Chair) at hilaryallenottawa@gmail.com. Please share this opportunity if you know someone else who may be interested.



¹ In this context, family could include parents, caregivers, siblings, partners and other people who self-identify as someone who plays a significant emotional, cultural or other role for a youth experiencing mental health challenges.

² Regardless of age, all members participate in the Family Advisory from the perspective of a family member of a youth who has received mental health and/or substance use care - not from the perspective of a young person with lived experience of mental illness and/or substance use. The Family Advisory Committee works closely with Frayme's Advisory on Youth Matters to ensure the youth perspective is considered in its work.