

Don't forget to tag key players from Canadian organizations and the political realm, using these handles:

[@GovCanHealth](#)  
[@Carolyn\\_Bennett](#)  
[@jyduclos](#)  
[@Marcilen](#)  
[@JustinTrudeau](#)  
[@CPHO\\_Canada](#)  
[@cafreeland](#)

**\*Email Template**

**Subject:** I Support System Transformation for Youth Mental Health and Substance Use Care

**Your Message:**

(title of person(s) you're writing to)

I am writing to you today to call upon the federal and provincial government to take action in supporting system transformation for Integrated Youth Services (IYS) in Canada. Supporting transformation for the youth mental health and substance use sector means supporting a system that fosters the well-being of our youth by meeting their mental healthcare needs in an adequate and appropriate way.

A recent report developed by [Frayme](#) highlights key issues in the youth mental health and substance use sector and provides supporting recommendations for these areas of concern. The report was developed through cumulative conversations with diverse stakeholders from across Canada. I am asking you to [access the report](#) and consider the valuable information within it to take action towards creating a better youth mental health and substance use system for Canadian youth.

I advocate for the government to introduce a Federal Advisory Committee for Integrated Youth Services. I believe it is imperative that this Committee engages stakeholders from all provinces and territories to work together to determine standards for care and data, consult on current activities, evaluate effectiveness, and coordinate development. The work of this Committee can leverage bilateral relationships with federal departments such as Health Research, Indigenous Services, Health, and Youth as well as, established groups working to implement Integrated Youth Services across the country.

As a Canadian, I am asking for your support to transform the youth mental health and substance use system. Canadian youth deserve care that is timely, adequate and culturally appropriate within the context that they live. The time to act is now, before more of our youth fall between the cracks.

Signed,  
(your name)