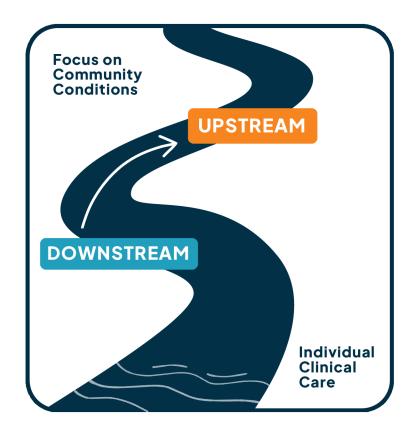


Upstream Prevention



What is Upstream Prevention?

Upstream prevention means preventing negative outcomes long before they occur or become severe.

For youth mental health and well-being that means creating community conditions that support young people rather than relying solely on mental health clinicians or other crisis responses.

When communities move prevention efforts upstream, great things happen.

Why is Upstream Prevention Important?

- Prevent or lessen threats to young people's health and well-being at the same time.
- Encourage whole communities to get involved in.
- Provide opportunities for community partners to better coordinate services and programming.
- Alleviate clinical and emergency response shortages.
- Help ensure all young people in a community thrive.

