

Mental Health Content Redevelopment Project Opportunities for Involvement [General]

About the Project

The BCCH Health Promotion and Health Literacy team, in collaboration with Foundry, is working on a project to update the following sections of foundrybc.ca:

- (1) redevelop the *anxiety*, *depression*, and *stress* content
- (2) review and update the *suicide* content.

This project aims to ensure youth have access to current, inclusive, evidence-informed mental health information that reflects health promotion and mental illness prevention messaging. By improving the quality and relevance of these resources, the project supports Foundry's mission to support youth ages 12–24 access meaningful, non-judgemental information that empowers them to make informed choices about their well-being. ***We're seeking individuals with relevant expertise, experience, or interest in this topic to be involved in this project!***

Opportunities for Involvement

[1] Redevelopment of the *anxiety*, *depression*, and *stress* content

There are 3 options to be involved with this part of the project, depending on your interest and capacity:

Options	What involvement can look like & approximate time commitment	Number of people
<p>[A] Be part of the core project team</p>	<ul style="list-style-type: none"> ● Providing clinical/subject matter expertise or experience within your area of knowledge and general advice on the project ● Reviewing and offering input on things like content outline, draft content, final content ● Potential involvement in other aspects of resource development, as needed and if interested. <p>Time commitment (approx)</p> <ul style="list-style-type: none"> ● Attending the project kick-off meeting - 1 to 1.5 hrs (date TBD between April 7th to 10th) ● Attending monthly meetings (online) for 1 hour each meeting, between May 2026 to Dec 2026 ● At key project milestones, reviewing draft content and providing input (all these are approximate): <ul style="list-style-type: none"> ○ Apr/May 2026 - review content outline (1 hr) ○ May or early summer 2026 - review draft content (1.5-2 hr) ○ Sept/Oct 2026 - review designed content (1 hr) ○ Nov/Dec 2026 - testing out the webpages (1 hr) <p>Total time commitment (approx): 15 hours between April to December 2026</p>	<p>2-3 people</p>

<p>[B] Support with writing content</p>	<ul style="list-style-type: none"> • Providing clinical/subject matter expertise or experience • Writing draft content to replace content on the following pages: anxiety, depression, and/or stress • Responding to questions on clarifications to content or major updates that require subject matter expertise and experience <p>Time commitment (timeline TBD)</p> <ul style="list-style-type: none"> • The time it takes to write draft content & respond to questions that may arise • We will reach out to you with more details in April/May 2026 (approx) • 1st draft to be completed in May/June 2026 (approx) • Option to attend the project kick-off meeting - 1 to 1.5 hrs (April 2026) 	<p>Ideally we would have at least 1 person write a first draft of any or all of these topics:</p> <ul style="list-style-type: none"> • Anxiety • Depression • Stress <p>Alternatively, we can have multiple people divide up the writing efforts depending on responses received</p>
<p>[C] Support with reviewing content (anxiety, depression, stress)</p>	<ul style="list-style-type: none"> • Providing clinical/subject matter expertise or experience • Reviewing and offering input on things like content outline, draft content, final content for these topics: <i>Anxiety, depression, stress</i> <p>Time commitment (approx)</p> <ul style="list-style-type: none"> • Apr/May 2026 - review content outline (1 hr) • May or early summer 2026 - review draft content (1.5-2hr) • Sep/Oct 2026 - review designed content (1 hr) • Nov/Dec 2026 - testing out the webpages (1 hr) • Other items to review as needed or based on interest (1-3 hrs) • Option to attend the project kick-off meeting - 1 to 1.5 hrs (April 2026) <p>Total time commitment (approx): 5-8 hours between April to December 2026</p>	<p>We would love a diverse range of experiences to be involved.</p>

[2] Review of the *Suicide* content

<p>Support with reviewing content (Suicide)</p>	<ul style="list-style-type: none"> • Providing clinical/subject matter expertise or experience • Reviewing the current content pages and offering suggested edits on the topic of <i>suicide</i>. <p>Time commitment (approx)</p> <ul style="list-style-type: none"> • Mar/Apr 2026 - reviewing existing content & suggesting/writing draft edits (2-3 hr) • May or early summer 2026 - reviewing updated draft content (1.5-2hr) • Fall 2026 - final review (1 hr) • Other items to review as needed or based on interest (1-3 hrs) <p>Total time commitment (approx): 6-9 hours between April to December 2026</p>	<p>We would love a diverse range of experiences to be involved.</p>
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Respond by Friday, March 20th to let us know if you're interested!

If you are interested in any of the options above, please [complete this online form](#) (it will ask you to share a little bit about yourself, what part of the project you are interested in being a part of, and your availability to be part of an initial meeting). This may take 5-10 minutes.

Questions? If you have any questions, please contact Lehoa (Lehoa.mak@cw.bc.ca) and/or Sabrina (Sabrina.khan@cw.bc.ca), health promotion specialists at BCCH). Thank you for your interest in this project!

Project Milestones Summary

All dates are approximate and are subject to change

Project Phase	Project Milestone	Potential involvement from...
Initiation & Planning [April 2026]	Kick-off meeting	Core project team (optional for everyone else)
Implementation: Content Development [Main content] [April/May to August 2026]	Develop project wireframe and resource content outline	Core project team to provide guidance & review Subject matter experts / experiences / youth / clinicians to review
	Identify developer & designer for resource	BCCH/Foundry
	Depression, Anxiety, Stress health literacy content development: draft content	One or multiple subject matter expert/ experience/clinician to write content draft based on the outline and any other writing guidelines
	Depression, Anxiety, Stress health literacy content development: review draft	Core project team to provide guidance/review Subject matter experts / experiences / youth / clinician to review JEDI / Indigenous Team + plain language review
	Depression, Anxiety, Stress health literacy content development: finalize content	Core project team to provide guidance/review
	Suicide health literacy content update: review existing content and suggest edits	One or multiple subject matter expert/ experience / youth / clinician to review content and suggest edits

		Core project team to provide guidance/review
	Suicide health literacy content update: make updates to the content	One or multiple subject matter expert / experiences / clinician or project core team, depending on level of edits
	Suicide health literacy content update: review	JEDI / Indigenous Team + plain language review
	Suicide health literacy content update: finalize content	Core project team to provide guidance/review
Implementation: Content Development [Personal Stories - youth] [Sept to Nov 2026]	Depression, Anxiety, Stress or Suicide personal stories: draft content	One or multiple subject matter expert / experience / youth
	Depression, Anxiety, Stress or Suicide personal stories: review draft	Core project team to provide feedback
	Depression, Anxiety, Stress or Suicide personal stories: edits & finalize	One or multiple subject matter expert / experience / youth
Implementation: Design & Dev [Sept to Nov 2026]	Depression, Anxiety, Stress + Suicide health literacy content: Design graphics as needed	Person with design experience to design/format
	Depression, Anxiety, Stress + Suicide health literacy content: Review designed graphics	Core project team to review Subject matter experts / experience / youth / clinician to review
	Depression, Anxiety, Stress + Suicide health literacy content: Edits to designed graphics as needed & finalize	Person with design experience to design/format
	Update website with all content	BCCH
	User testing & revisions	Subject matter experts / experiences / youth to test webpages & give feedback
Project Closeout [Oct to Dec 2026]	Develop & implement communications strategy	BCCH/Foundry
	Launch updated pages	BCCH/Foundry
	Develop close-out report	BCCH