

## Jewish General Hospital

### The Douglas Utting Lecture “Jack Talk: How to be there for youth mental health.”

**Speakers:** Julie Zaky and Emily Zhu, Youth mental health advocates, Jack.org

**Date:** Monday, November 19, 2018

*La conférence sera en anglais*

**Time:** 7:30 P.M.

**Place:** Jewish General Hospital  
Institute of Community & Family Psychiatry  
4333 Côte-Sainte-Catherine Road  
Amphitheatre - G43 (Ground Floor)

**Free Public Lecture**  
**For Info:** 514-340-8222, X: 22236

**Metro:** Côte-des-Neiges or  
Côte-Sainte-Catherine  
**Bus:** 129 or 165



**Jack.org is the winner of The Douglas Utting Prize 2018 awarded for their significant contribution to the study, understanding and treatment of depressive disorders.**

Come hear from Jack.org, Our mission is to train and empower a national network of young leaders to revolutionize mental health and to leverage this network for systems-level change.

**ORIGIN STORY:** Jack Windeler died by suicide in 2010, which completely shocked his family and peers. Jack did show some warning signs, including social isolation and behaviour changes, but his family and peers either didn't see them or weren't educated enough about mental health to recognize them as warnings signs.

Jack's parents, Eric Windeler and Sandra Hanington, started Jack.org to ensure that young people get the help they need. They knew parents would likely not be the people to see and recognize behaviour change. Peers would. Especially when students attend post secondary school. So they started Jack.org and put Canada's youth front and centre.

Now over 2,500 young leaders are working across Canada to ensure that young people are comfortable talking about their mental health, and that those who need it get the help they deserve.