

## MEDIA RELEASE:

## Community Capital Foundation is driving a campaign to change the dial on local youth mental health.

With mental health charities doing it tough and rising rates of youth struggling, we want to shift the dial through a campaign to increase awareness, identify organisations making a difference and help raise the capital to contribute to our next grants program.

Late last year, self-harm and suicidal ideation were up 31 per cent for children and teenagers compared with 2020, according to NSW Government's Health report.

In partnership with [Connecting the Dots](#), by award-winning Canadian film director Noemi Weis, Community Capital Foundation will host film screenings followed by panel discussions with mental health experts, local organisations and youth representatives to discuss how we can collectively improve youth mental health in 2022.

Running across Sydney's North, we have partnered with local organisations, including One Eighty, Burdekin, Top Blokes, StreetWork, Headspace, KYDS and Avalon Youth Hub.

Connecting the Dots is the first feature documentary of its kind to offer a raw and intimate look at youth mental health from a global youth perspective.

*"The film gives a voice to our future leaders, who, through sharing their lived experience- articulate the problems and potential solutions. Community Capital Foundation will then work directly with Northern Sydney's youth to identify ideas needing community support. In addition, we're asking local individuals and businesses to contribute to our Youth Impact Fund for a giving program this year," says the Foundation's manager, Jessie Williams.*

We're hosting the following screening events followed by in-person expert panel discussions to raise awareness and change positive youth mental health.

- [United Cinemas Avalon - Wednesday 30th March, 8 pm](#)
- [United Cinemas Collaroy - Thursday 7th April, 7:45 pm](#)

Community Capital Foundation is an initiative by local Northern Beaches organisation, Community Care Northern Beaches. We support our communities through grant-giving and community-building initiatives that positively impact our local backyard. Since 2019, we have donated \$111,000 to programs eradicating Indigenous youth disadvantage, building male youth resilience and respect for themselves and others, and programs supporting victims of domestic violence, plus several others.

*"When a flower doesn't grow, you change the environment around it. As communities, we need to learn how to create safe and empowering spaces for young people to achieve their best mental health," says Community Capital Foundation's Youth Ambassador, Emily Unity.*

To learn more, contact Jessie Williams.

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### OUR PARTNERS



To find out more and register for these events, visit

[communitycapitalfoundation.com.au](http://communitycapitalfoundation.com.au)

### CONTACT US

Get in touch with Jessie Williams today if you would like to share your story or ideas, or would like more information about these events, at [jessie@communitycapitalfoundation.com.au](mailto:jessie@communitycapitalfoundation.com.au).