



DHS News

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Department of Human Services



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Video series educates youth about mental health

Several DHS staff members from the Office of Children, Youth and Families (CYF); Integrated Program Services (IPS); and the Youth Support Partners (YSP) unit have partnered with staff at A Second Chance, Inc. (ASCI) to create a series of videos designed to support and educate youth on topics related to mental and behavioral health.

Each video features candid interviews with youth who have lived experience with mental or behavioral health concerns. Participants discuss a variety of topics, including their thoughts around life with a mental illness, stigma, coping, and finding support from professionals as well as their friends and family. The videos are produced by Towan Hall, youth engagement learning specialist in IPS, and Max Maultsby, youth support liaison at ASCI.

"Mental health is a relevant but often ignored subject. I'm hoping we can connect with as many youth as possible who are affected by and/or have loved ones living with mental health issues," Max said. "I want youth everywhere to be able to feel open and honest about how they feel because there is hope."

"A lot of youth are struggling through COVID-19 because they don't have the same supports they had before the pandemic," Towan adds. "We want these videos to be a safe place where youth can get support and gain insight. I hope the videos will help youth to not only stop being ashamed of a diagnosis, but also find ways they can improve their overall wellness and pass that knowledge and encouragement to those who are around them."

The youth voice mental health video series can be found on the YSP's [YouTube channel](#). To learn more, contact Towan at towan.hall@alleghenycounty.us.