## **Transcript**

Timeliness is really essential. Working with a lot of young people that suffer with mental illness. You know the old term striking while the iron is hot, I think having the capacity to be able to do that is what makes the difference. In regards to the feedback that I often receive from young people, some of their stories indicate that they were requesting help and crying out for help but it wasn't picked up at the earliest point. Whether that be through schools or other you know health services. I think it's essential to get it at the earliest point and access all the resources available, start a plan, start helping young people identify their goals at an earlier point.

Additional funding for more workers. I guess the time that's needed for the different or the varying levels of complexities of the young people you support. Obviously time is the key, spending as much time as needed with our young people. Each and every young person knows that they can go to any worker here for support in the absence of their case manager or their youth worker, that's really important as well.

And obviously a supportive manager. Our manager here is an exceptional woman and she trusts in us that we will open our hearts and nurture the young people that we support as well, I think definitely we need more workers. We need more time to invest into the young people of the future.