

# MCK-UDOS Youth Coalition



## Who are we?

We are a youth-led group (ages 14-18) focused on improving mental health and preventing substance misuse within the McKinley Park area.

### We aim to

- Promote healthy coping mechanisms
- Reduce stigma against mental health treatment
- Support community engagement

### What do we do?

#### We hold monthly meetings to:

- Discuss important issues related to mental health and substance use
- Create action plans for events
- Develop ways to promote healthy behaviors
- Encourage community involvement in public health

### Join Us!

Contact Carolina Rojas-Becerra at [carorojasbec@maha-us.org](mailto:carorojasbec@maha-us.org) or scan below



### Why join?

Get involved in your community and become an advocate for mental health treatment.

Members also can benefit from:

- Leadership development training
- Future internship possibilities at Midwest Asian Health Association (MAHA)
- Scholarship and college application assistance
- Resume-building
- And more!

