



2 June 2023

Media Alert

Young Tasmanians have their say on mental wellbeing and resilience at a statewide youth forum

The State's Youth Peak Body, the Youth Network of Tasmania (YNOT) will host the 2023 Tasmanian Youth Forum: *Mental Wellbeing and Resilience* in Launceston today {Friday, 2 June}.

Over 160 young people aged 12-25 years from across Tasmania will come together to explore what resources and supports they need to be mentally well and resilient during tough times.

Chief Executive Officer, Tania Hunt from the Youth Network of Tasmania, and two young Tasmanians Kai Harrison (he/him, aged 20) and Jet Spicer (he/him, aged 16) will be available for interview.

What: Tasmanian Youth Forum 2023: *Mental Wellbeing and Resilience*

Who: Chief Executive Officer, Tania Hunt from the Youth Network of Tasmania, and two young Tasmanians, Kai Harrison (he/him, aged 20) and Jet Spicer (he/him, aged 16) will be available for interview.

When: Tomorrow {Friday} 2 June, 9.30am

Where: Tailrace Centre, 1 Waterfront Drive, Riverside, Launceston.

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