

# As a mental health provider, how can I be an ally to vulnerable youth?



We regularly work in systems like the juvenile justice system, public education, foster care, healthcare, and more. We often see first-hand the inequities of our systems, so what do we do about it?

Guest expert and clinical psychologist, Dr. Apryl Alexander, shares some ways you can get involved as an ally to vulnerable youth:

**ONE**



**Write to your local legislators and speak about what needs to change in policy. Don't be afraid to use your voice - it matters.**

**Write op-eds and media pieces to get related research beyond the pay walls and academic language of peer-reviewed articles.**



**TWO**



**THREE**

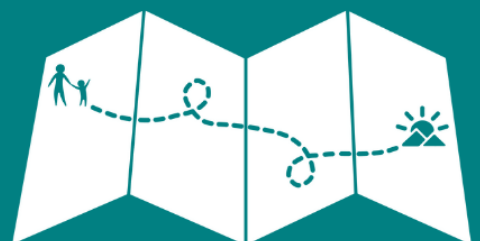
**Remember your clinical training: practice active listening. You can also speak up from your expertise as a psychologist.**

**"It's not always about marching downtown. Advocacy is also speaking on behalf of the populations we say we're serving."**

**-DR. APRYL ALEXANDER**



**Listen to the episode "How Mental Health Providers Can Foster Resilience" to learn more.**



**Roadmap to Resilience:**  
Supporting Children Experiencing Stress and Trauma