

INFOGRAPHIC

INTEGRATING MENTAL HEALTH AND AI LITERACIES TO ENHANCE YOUTH WELLBEING

Developed from the paper [A Theoretical Framework for Integrating AI and Mental Health Literacies to Enhance Youth Well-Being and Education](#), by J. Laffier, A. Rehman, and M. Westley, presented at the 19th International Technology, Education and Development Conference in March 2025.

Youth are growing up in a world where mental health challenges are common and digital technologies, including Artificial Intelligence (AI), are a part of everyday life. While AI tools can support learning, creativity, and even aspects of wellbeing, they also introduce risks, such as misinformation, privacy concerns, and an over-reliance on technology. **To navigate these complexities, young people need a combination of mental health literacy and AI literacy to make informed, safe, and healthy decisions.**

MENTAL HEALTH LITERACY



To support emotional wellbeing and help-seeking behaviours.

- Understanding mental health and recognizing challenges.
- Reducing stigma.
- Knowing when and how to seek help.
- Fostering emotional awareness and regulation.
- Building relationships and communication skills.
- Thinking critically about mental health information.
- Developing cultural and social awareness.

AI LITERACY



To support understanding and the safe and responsible use of AI.

- Understanding how AI tools work.
- Evaluating AI-generated information.
- Recognizing bias and limitations.
- Using AI ethically and responsibly.
- Protecting privacy and data.
- Using AI for problem-solving and creativity.
- Understanding social impacts of AI.



OVERLAPPING SKILLS

Critical thinking.

Ethical
decision-making.

Cultural
awareness.

Responsible use
of information.

Informed
decision-making.

These skills support youth in navigating both digital tools and real-life challenges.

WHAT THIS MEANS FOR YOUTH (AND THOSE WHO SUPPORT THEM!)

Practice Example	Mental Health Literacy	AI Literacy
A young person using AI for mental health advice needs to:	<ul style="list-style-type: none"> ✓ Recognize when to seek human support. 	<ul style="list-style-type: none"> ✓ Question the accuracy of responses.
A young person using AI for school work needs to:	<ul style="list-style-type: none"> ✓ Manage stress and expectations. 	<ul style="list-style-type: none"> ✓ Evaluate bias or misinformation. ✓ Use responsibly (i.e. not to do their work for them but rather as a tool to support their own original thoughts).

AI literacy without mental health literacy creates risk. Mental health literacy alone doesn't reflect today's reality. Supporting both helps youth to build resilience, make informed decisions, and thrive in a digital world.

