

11-YEAR-OLD BOY CREATES A VIDEO GAME TO BREAK THE STIGMA ON MENTAL HEALTH

Children Innovating, Creating And Expressing

Europe, North America, and Others: Canada

In Montreal, Canada, Luke is an 11-year-old boy who developed a video game to educate children on mental health. The game allows users to navigate their character through depression, which is symbolized by jumping over grey blocks that present facts and figures pertaining to mental health. Through the game, the blocks get more colorful as a way to symbolize "it gets better." Luke already has plans to enhance his game, including more mental health information and creating online meditation spaces in an effort to teach kids about ways they can take care of their mental health in real life.