In this talk, Milner discusses elements of psychological and mental wellness as essential to young people’s academic and social success in schools. Understanding psychological, emotional, and mental health of young people requires that we study how broader communities take care of themselves in the midst of challenging situations. The keynote focuses how we might build tools to identify and cultivate mental and psychological health and wellness and simultaneously fight against and disrupt systems of oppression and marginalization. In short, what is essential to building psychological, emotional and mental health wellness in communities and schools as we co-construct spaces of liberation?