



Canadian Mental Health Association
Edmonton
Mental health for all



Light Up Your Mind School Program

Free presentations for classrooms and youth groups on mental health, mental illness, stress, and suicide for youth ages 12 to 18.

NEW Now offering a session for teachers on self-injury.

Stick 2 Life

Increases students' awareness of suicide, teaches how to recognize signs and help someone thinking about suicide.

Mess with Stress!

Explores what stress is and what we can do about it. Students learn 5 new skills to help manage stress including local resources

Mental Illness and the Recovery Journey (Parts 1 & 2 are 45minutes each)

Gives the signs and symptoms of common mental illnesses, insight into the recovery journey and informs of resources to help.

Stamp Out Stigma

Challenges students to confront stigmatizing beliefs, teaches how stigma affects youth with mental illness, and inspires stigma reduction.

NEW Understanding Self-Injury

(This presentation is for teachers/staff **ONLY**)

An introduction to understanding self-injury in your students and what you as a school and as an individual can do to help.



BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

To book a free 45 minute presentation for your school or youth group, please contact Tracy Johnson at 780.414.6306

or

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