



**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, stigma, 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.



To book a free 45 minute presentation for your school or youth group, please contact Kaluba Swaya at 780.414.6333

or

[kswaya@cmha-edmonton.ab.ca](mailto:kswaya@cmha-edmonton.ab.ca)

**BE MIND FULL**

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918