

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.

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.

\*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

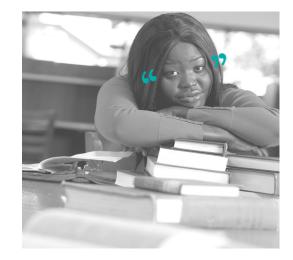
or kswaya@cmha-edmonton.ab.ca

## **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

## **Stamp Out Stigma**

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



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