



**CANADIAN MENTAL
HEALTH ASSOCIATION**
Edmonton Region



Light Up Your Mind consists of a collection of interactive presentations designed for school audiences. The presentations incorporate case studies, discussions, debates and games to provide information, increase understanding and facilitate informed dialogue regarding mental health issues.

Stick 2 Life

Talking about suicide could save a life

This presentation increases students' awareness and understanding about suicide, teaches students how to recognize signs of suicidal behaviour and develop strategies for seeking support.

When Brains Get Sick

*Understand mental illness,
stamp out stigma*

This presentation dispels myths of mental illness and enhances students' understanding of the most common mental illnesses in order to decrease stigma.

What's Up With You?

*Coping with emotions and
building resilience*

This presentation helps students identify stressors in their lives, and offers strategies to cope with strong emotions and build resilience.

To book a presentation please contact:

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