Canadian Mental Health Association
Edmonton
Mental health for all

Light Up your mind School Program

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 Teacher Training.

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.

Training for Teachers and Staff ($150 each)

- Introduction to Self-Injury (90 min)
- Mental Illness Accommodation for the classroom (90 min)
- Suicide Awareness (60 min)

To book a free 45 min. presentation for your school or youth group, please contact our Education Services Department at education@cmha-edmonton.ab.ca
Or **Phone:** 780.414.6333

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918