**Light Up Your Mind**

Presentations on Mental Health for

Junior and Senior High School Students

Brought to you by Canadian Mental Health Association - Edmonton Region

*About our program:*

We offer presentations on stress management and mental health, mental illness and stigma reduction, and suicide awareness and prevention. Our services are provided free of charge to schools in Edmonton and the Capital Region.

*Eligibility Requirements:*

* Presentations are 45 minutes each.
* A teacher must be present at all times.
* Required equipment: Computer with DVD drive, PowerPoint capabilities projector, internet access, speakers, and a white/chalk board.

*(If you do not have this equipment, please let us know when scheduling the presentation and we will bring our own.)*

* While our presentations are offered free of charge, due to budget constraints, we ask that schools located further than 100 KM from our office provide a travel stipend.
* The request form must be completed in full.

Donations are always welcome.

Please send us your completed form by email:

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

**Questions?**

**Contact Our Education Services Department**

**P: 780.414.6333**

**E: education@cmha-edmonton.ab.ca**

**Light Up Your Mind Presentation Request Form**

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| --- | --- | --- |
| Name of School: | Phone: | |
| Address: | Email: | |
| Name of contact: | Type of class: | |
| Grade: | Number of students: (min. 10, max 35) | |
| I have read and understand the eligibility requirements (found on page 1) for the Light Up Your Mind program | | Yes  No |

**Requested dates and times:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Title of presentation | Date | Time | Teacher/contact | Room # |
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| Additional comments: | | | | |

Presentations available for Students

**(MWS) Mess with Stress:** Understand stress and learn skills and strategies for self-care and stress management. (45 min)

**(MIRJ1) Mental Illness and the Recovery Journey Part 1:** Information about common mental illnesses, recovery, and local resources. (45 min)

**(MIRJ2) Mental Illness and the Recovery Journey Part 2:**  Continuation of part one discussing common mental illnesses, recovery, and local resources. (45 min)

**(SOS) Stamp Out Stigma:** Learn what stigma is, how it affects youth and learn strategies for stigma reduction**.** (45 min)

**(S2L) Stick 2 Life:** Suicide awareness, skills for helping a friend, and the importance of reaching out. (45 min)

Presentations available specifically for teachers

**(IUSI) Introduction to Understanding Self-Injury:** An introduction to understanding self-injury in your students and what you as a school and as an individual can do to help. (1.5 hours)

Adult Community Education Program – Presentations for adults

Presentations include: Mental Illness in Youth and Young Adults, Healthy Workplaces & Stress Management, Mental Illness and Stigma, Introduction to Suicide Intervention, Mental Illness Awareness, and Seniors and Mental Health. Contact [education@cmha-edmonton.ab.ca](mailto:education@cmha-edmonton.ab.ca) for more information.