







Canadian Mental Health Association Edmonton Mental health for all

HEADSTRONG Anti-Stigma Youth Summit

Coming Early Fall 2017 A day of FREE programming focusing on eliminating the stigma surrounding mental illness and inspiring young leaders to make change



What to expect:

- Hear the stories of individuals with lived experience of mental illness.
- Learn more about mental illnesses and the impact of stigma.
- Develop an action plan for eliminating stigma in your school.
- Encourage students to get help if they need it.

Who should attend?

- A group of up to 5 students in grades 9-12 and one staff member per school who are committed to raising awareness of mental illness, encouraging help seeking, and ending stigma in their school community.
- Pre-registration required.

Contact Tracy for more information. tjohnson@cmha-edmonton.ab.ca | 780-414-6306 www.edmonton.cmha.ca

CMHA – Edmonton Region is a non-profit organization that envisions mentally healthy people in caring communities. We increase awareness and understanding of mental health, mental illness, recovery, and suicide prevention through education. We support the resilience and recovery of people in distress including those affected by mental illness or suicide by providing crisis intervention; safe, long-term and affordable housing; peer connections, suicide grief and family support; advocacy and wayfinding; and meaningful volunteer opportunities.