



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.

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.

Stamp Out Stigma

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

Mental Illness and the Recovery Journey

(Parts 1 & 2 are 45 minutes each)

Gives the signs and symptoms of common mental illnesses, insight into the recovery journey and informs of resources to help.



Training for Teachers and Staff

- ◆ Introduction to Understanding Self Injury (90 min).
- ◆ Mental Illness Accommodation for the classroom (60 min).

BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

To book a free presentation for your school or youth group, please visit:

<https://cmhaedmontonbookings.as.me/>
or contact our Education Services

Email: education@cmha-edmonton.ab.ca

Phone: 780.453.4654

<https://edmonton.cmha.ca/programs-services/>