



## Welcome to the Stigma-Free Society February Highlights Newsletter

We're happy to connect with you and share more engaging resources from our [Rural Mental Wellness](#) and [Student Mental Health Toolkits](#). These resources are designed for those who are interested in learning about others' experiences with stigma and expanding their knowledge of mental wellness. They also provide you with tools to raise awareness and educate the young people in your life about these important topics.

Keep reading to learn more!

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**WE MATTER**

### **Indigenous Mental Health Resources**

Our [Rural Mental Wellness Toolkit](#) contains a section dedicated to resources created by Indigenous organizations. We are proud to partner with [We Matter](#), an Indigenous youth-led organization, to highlight their diverse mental health toolkits created for Indigenous peoples, by Indigenous peoples. These resources are helpful for support workers, teachers, and parents/guardians looking for mental health resources to share with Indigenous youth.

This section also features Inspiring Stories where Indigenous youth share their mental health journeys. If you believe these resources would be useful for yourself or someone you know, or you'd like to learn more about We Matter and the lived experiences of Indigenous youth, feel free to visit our [Indigenous Highlight section](#).

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# Raising Awareness About

## Men's Mental Health



Men often deal with shame and self-stigma when facing mental health challenges, especially those living in rural communities. If you or a loved one are struggling, our [Men's Mental Health](#) resources from the [Rural Mental Wellness Toolkit](#) can help. This section includes videos of rural men sharing their inspiring stories, speaking up about mental health, and reminding other men that they are not alone. You'll also find resources to help men find support and connect with other men who are facing the same struggle.

[Browse our Men's Mental Health resources](#) to learn more.

# Stories of Stigma:

*Our Video Library for Youth, Educators,  
and Parents/Guardians*



It's important for educators and parents/guardians to talk to youth about mental health, but sometimes it can be difficult to start the conversation. That's where our [Student Mental Health Toolkit](#) comes in. The Toolkit includes two video libraries - one curated for [Teens \(grades 8-12\)](#) and one for [Youth \(grades 4-7\)](#) - where you can conveniently access all of the video content from our website.

Our video libraries are an excellent resource for parents who are looking for information or guidance regarding their child's mental health. They also include a variety of activities for students: educators can use our engaging videos to teach students about stigma and mental health in the classroom.

Our [Stories of Stigma](#) documentary series features individuals sharing their lived experiences with stigma and mental health. These powerful presentations are useful for educators and parents/guardians who want to learn more about these topics. Educators can share them with students to foster inclusion, empathy, and understanding. Browse our [Teen Video Library](#) and [Youth Video Library](#) to get started.

We are also proud to partner with TELUS to feature Stories of Stigma on the [TELUS Healthy Living Network!](#)

[Watch the full Stigma-Free Documentary and additional educational videos here.](#)

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**We appreciate your feedback!**

Please reach out to us with questions or suggestions regarding our resources. Thank you for staying up to date with Stigma-Free Society, and have a great February!

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