



June Program Highlights



Stigma-Free Society offers a variety of resources for young people, from our [Student Mental Health Toolkit](#) to our [Virtual Stigma-Free Presentations](#). In addition to educating youth, we also believe that educators who care for children should feel supported and valued for their meaningful work. That's why we provide caregivers and school staff with tools to improve their wellbeing.

If you are a parent/guardian or educator looking for new ways to care for your mental health, check out our collection of free resources below!

MENTAL HEALTH RESOURCES FOR EDUCATORS AND SCHOOL STAFF



As school comes to an end, we would like to remind educators of the no-cost resources they can access through the **Mental Health for School Staff** section of our **Student Mental Health Toolkit**. These videos and resources help school staff improve their mental wellness and achieve work-life balance. Use our helpful tools to manage stress, prevent burnout, or add a little more self-care to your daily routine.

Thank you, educators, for all you do. We hope these resources support you in your work and we wish you the best of luck with the rest of the school year!

[Visit Mental Health for School Staff](#)



Check Out

The Stigma-Free Society Blog

Listening to people's diverse experiences and educating ourselves about mental health helps us break down stigma of all kinds. The Stigma-Free Society blog highlights inspiring individuals who share their journeys with mental wellness and stigmas of all kinds. Browse our articles to build awareness and clear up misconceptions about stigmatized mental illnesses. You'll also find tips to help you care for your mental health day-to-day. After reading our stories, you'll feel encouraged to embrace acceptance of yourself and others.

[Read the Blog](#)

SUPPORT FOR PARENTS, GUARDIANS AND CAREGIVERS



If you are worried about the mental health of a young person in your life - [Resources for Parents, Guardians and Caregivers](#) are for you! This section of the [Student Mental Health Toolkit](#) helps adults facilitate healthy discussions about mental health with youth. It also offers guidance on how to support children or teens who are struggling.

Caring for a child who is going through a difficult time poses unique challenges. This section of the Toolkit provides you with free resources to care for your own mental health as you help your child navigate their journey.

[Go to Resources for Parents, Guardians and Caregivers](#)



CELEBRATING THE LGBTQIA2S+ COMMUNITY



Happy [Pride Month](#), Stigma-Free family!

A core part of our charity's mission is to create a world where everyone is accepted and celebrated, regardless of who they love or how they identify. Let's stand together and show our support for the LGBTQIA2S+ community this Pride Month and beyond.

We encourage school staff to browse our [LGBTQIA2S+ Stigma-Free Glossary](#), developed in collaboration with the [Canadian Centre for Gender and Sexual Diversity](#). Using inclusive language is key for creating a Stigma-Free environment both in and out of the classroom. Our Glossary provides educators with the most inclusive and up-to-date language when referring to the LGBTQIA2S+ community.

[Go to the Stigma-Free Glossary](#)

Indigenous Highlight

Mental Health Resources & Inspiring Stories



June is [National Indigenous History Month](#) a time to recognize and celebrate the rich culture of Indigenous peoples in Canada. Listening to others' stories helps promote inclusion and respect for diverse communities. We invite you to check out the [Indigenous Highlight](#) section of our [Rural Mental Wellness Toolkit](#) where you'll find personal stories from Indigenous youth and mental health resources created by Indigenous organizations.

We are proud to partner with [We Matter](#) to share their mental health toolkits, created specifically for Indigenous educators and youth. If you are interested in learning more about Indigenous people's experiences or know someone who could benefit from these resources, click the link below:

[Visit Our Indigenous Highlight](#)

HAVE A GREAT



Summer

Thank you for your interest in our programs. Please feel free to contact us with questions or suggestions. You are welcome to share our no-cost [Student Mental Health Toolkit](#) with educators in your network.



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