



SEPTEMBER NEWSLETTER



Hello Stigma-Free Supporters,

We hope you had a fantastic summer! With September's arrival, we are excited to share the latest events and resources that further our mission to create healthier, happier stigma-free communities. We encourage educators and parents/guardians to use these no-cost tools to educate young people about stigma and mental health:

[Student Activities \(for the Classroom or Home\)](#)

[Resources for Diverse-ability and Inclusion](#)

Discover the Power of Mental
Wellness Education with Our
Student Mental Health Toolkit:

**UNLOCK NO-COST
ACCESS NOW**



As the school year kicks off, we are thrilled to introduce you to our [Student Mental Health Toolkit](#) your go-to guide for mental health and anti-stigma education. The Toolkit empowers school staff and parents/guardians to teach youth about these vital topics.

[REGISTER NOW](#) for no-cost access to all of our comprehensive resources!



The Student Activities section of our Student Mental Health Toolkit enhances inclusivity in the classroom and promotes mental wellness among children and teens. They can be used by educators or parents/guardians, at school or at home. Each activity helps foster a space for youth to learn, connect, and grow. Here's a glimpse of what you'll find:

- **Stress Management Techniques:** Equip youth with practical tools to navigate stress. Our toolkit offers videos with guided breathing exercises, mindfulness activities, and relaxation techniques that empower students to find balance amidst life's challenges.
- **Mental Health Awareness and Education:** Engage in thought-provoking discussions about mental health and well-being. Our Toolkit provides resources to facilitate conversations about important topics, helping to break down stigma and promote understanding.
- **Interactive Online Activities:** Make learning about mental health enjoyable with our interactive quizzes and comics, including our Situation Shifter Activity and Mental

Health Quiz. These activities not only educate but also ignite curiosity, encouraging young people to explore the complexities of mental wellness.

Browse Student Activities



At Stigma-Free Society, we help educators foster environments where students embrace every individual, recognizing that our differences are what make us extraordinary. Our Diverse-ability & Inclusion section nurtures understanding, compassion, and empathy in the school environment.

- **Embrace All Abilities:** Explore activities that celebrate the unique abilities of each individual. Engage your students with content that promotes awareness and encourages discussions about diverse-abilities.

- **Cultivate Empathy:** Empower your students to walk in others' shoes. Our toolkit offers exercises that help students understand the challenges and triumphs of individuals with diverse-abilities, fostering a sense of compassion.
- **Promote Inclusive Language:** Language is a powerful tool for inclusion. Equip your students with insights into the impact of their words and actions. Our Toolkit provides resources to encourage inclusive communication, helping students create a respectful environment for everyone.
- **Create Safe Spaces:** Discover strategies for creating inclusive classrooms where all students feel valued and supported. Our Toolkit offers practical tips to ensure every student can participate fully, learn effectively, and thrive in a nurturing environment.

Foster a sense of belonging for all of your students.

[Browse Diverse-ability & Inclusion Resources](#)

SEPTEMBER 10

WORLD SUICIDE PREVENTION DAY



UNITING FOR CHANGE

Join us in recognizing **World Suicide Prevention Day** on **September 10th**. Let's use this moment to reinforce our shared commitment to mental health and anti-stigma education. Together, we can make a difference by breaking down the walls of silence.

Although it can be a difficult topic to broach, if you feel comfortable, we encourage you to raise awareness about World Suicide Prevention Day and spark discussions about mental health in your community. By working together, we can eliminate the stigma around suicide, offer hope to individuals who are facing mental health challenges, and encourage people to seek help when they need it.

If you are dealing with mental health challenges right now, we want to remind **you that you are loved, you are valuable, and there is help available**. There is no shame in reaching out for support.

HELP AND COMMUNITY RESOURCES



Help & Community: Crisis Resources at Your Fingertips

Everyone should have access to the support they need, whether they are in crisis or seeking affordable mental healthcare. Although Stigma-Free Society is not a crisis-based organization, we have compiled **NEW** lists of national and provincial resources on our Help & Community Resources page. Here you will find a wide range of support and crisis services for students, school staff and parents/guardians.

[**Visit Help & Community Resources**](#)



THANK YOU

Stigma-Free Society receives generous support not only in the form of donations, but also through our community visiting our Toolkits and spreading the stigma-free message. Your use of the Student Mental Health Toolkit is greatly appreciated and helps us advance our mission.

By working together, we can make a remarkable difference. We thank you for your commitment to our cause. If you have any questions, comments or ideas, please do not hesitate to contact us.



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