



# October Newsletter

Breaking the Silence,  
Erasing the Stigma



In this month's newsletter, get ready to:

- Learn about our upcoming Rural Peer Support Fundamentals Training
- Explore a fulfilling career opportunity with us as Programs Manager
- Dive into our Student Mental Health Toolkit
- Join us for a Stigma-Free Live Event!

As we approach World Mental Health Day on October 10th, we're also sharing resources to help educators make a lasting impact in their classrooms. Let's journey together toward a stigma-free world!



# RURAL PEER SUPPORT TRAINING

November 22 & 23  
8:30 am - 3:00 pm PST

Sign up today and learn important skills to support your community with their mental health.



**SR training**



## Empowering Rural Communities for Better Mental Health

At Stigma-Free Society, we believe in the power of peer support, rooted in values like self-determination, empathy, and wellness. This training equips individuals in farming and rural communities to offer support that understands the unique challenges of rural living and agricultural work.

In rural areas where mental health services are scarce, trained peer support workers can make a real difference. By joining this training, you can become a catalyst for change in your community. You will gain the skills to initiate support groups, creating a safe space for individuals to share and receive support from those who understand their way of life.

Are you ready to make a positive impact on mental health in your rural community?

Join us for our upcoming 2-day Virtual Rural Peer Support Fundamentals Training, offered in partnership with Sara Riel. Sessions will be held on **November 22nd & 23rd from 8:30 am to 3:00 pm PST.**

Register Now!

# STUDENT MENTAL HEALTH TOOLKIT

EMPOWER YOUTH  
AND TEENS



In honour of World Mental Health Day on October 10th, we're proud to highlight a section of our no-cost Student Mental Health Toolkit called [Coping with Mental Health](#).

In this section, you'll find...

- Engaging videos packed with valuable tips to support students in nurturing their mental well-being
- A comic designed to educate students about panic attacks and anxiety, fostering greater understanding
- The Distress Quiz, a tool to help students measure how their mental health is and if they should reach out for help
- And more!

Educators, this is your go-to resource to teach your students about mental wellness. You can easily incorporate our informative resources into your classroom discussions. Visit the Toolkit and help your students build essential skills to navigate challenges while promoting good mental health.





# IGNITE CHANGE IN YOUR SCHOOL

Book a  
Virtual Stigma-Free  
Presentation



Elevate your school's atmosphere and mental health awareness with our Virtual Stigma-Free Presentations!

**Educate and Inspire:** In a 45-minute online session, students connect with inspiring presenters who share their journeys with stigma and mental health.

**Why It Matters:** Our presentations break the silence around mental health and educate students on stigma, creating a more inclusive school environment.

**Unlock Supplemental Resources:** After booking a presentation, school staff gain access to materials they can use to enhance students' learning, including an Educator's Guide, Mental Wellness Lesson Plans, and more.

**Accessibility:** Virtual Stigma-Free Presentations are generally offered by donation to Stigma-Free Society. However, we recognize that a donation is not always possible, and presenters can virtually visit schools on a no-cost basis.



# Book a Virtual Stigma-Free Presentation



## Featured Funders

We want to extend our heartfelt gratitude to this month's Featured Funders, who help make our work possible. Your support drives us forward on our mission to create a stigma-free world, and we deeply appreciate your dedication to our cause.

Thank you to our wonderful community for being a part of the Stigma-Free Society mission. Together, we're making strides in erasing the stigma surrounding mental health and ensuring that no one feels alone in their journey.

Stay tuned for more updates, and let's continue to break the silence and erase the stigma.

Warm regards,  
The Stigma-Free Society Team



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