



December Highlights



Dear Stigma-Free Family,

From the launch of Canada's new crisis helpline to another successful delivery of our Rural Peer Support Fundamentals Training, we are thrilled to see Canadians working together to break the stigma around mental health! In this month's highlights, we have some amazing news and resources to share that will help you care for your well-being and support others.

Educators, parents/guardians and caregivers: learn more about our Professional Development opportunity for school staff, and our collection of real-life stories from people who have overcome stigma and mental health challenges.

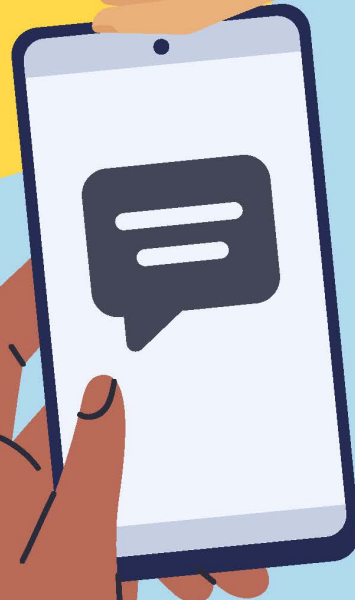
Thinking of suicide?

Help is available.



9-8-8

toll free, 24/7



9-8-8

Suicide Crisis Helpline

Funded by the
Government
of Canada

Canada

Spread the Word About Canada's New 9-8-8 Suicide Crisis Helpline

Canada's 9-8-8 Suicide Crisis Helpline has launched! This helpline provides immediate support to those experiencing a mental health crisis and can be accessed from anywhere in Canada, 24/7. Callers are connected with trained responders who provide a safe space for emotional support and crisis intervention.

This new helpline is a step towards improving access to mental health services for Canadians. If you or someone you know is in crisis, please know that there is support available, and there are people who genuinely care and want to help. We

encourage you to share this helpline with your network to ensure that everyone has access to the support they need, when they need it most.

To learn more, visit 988.ca.



THANK YOU

TO THOSE WHO
COMPLETED
RURAL PEER SUPPORT
FUNDAMENTALS TRAINING

We are thrilled to announce that 9 participants completed our [Rural Peer Support Fundamentals Training](#) in November! These individuals are now equipped to make a difference in their communities, offering valuable mental health support. Thank you to [Sara Riel Inc.](#) for partnering with us to deliver this training and to those who registered.

Accessible peer support in rural areas changes lives by providing understanding, compassion, and a judgement-free environment to talk openly about mental health. We hope all participants feel empowered to use this training to break the stigma, deliver effective peer support, and start their own support groups.



Educators and school staff: Join us for a [Stigma-Free Professional Development Day Session](#), designed to help you teach students about mental wellness and implement Stigma-Free Society's no-cost resources in the classroom. Learn about the Lesson Plans and activities in our [Student Mental Health Toolkit](#), experience the impact of our [Virtual Stigma-Free Presentations](#), and gain new strategies for providing mental health education to students.

Are you ready to make an impact? [Register your school today](#) and be part of the change.

Stigma-Free

INSPIRING STORIES



While the holidays are a time of celebration, we recognize that it can also be a challenging time for many people. Everyone needs a word of encouragement sometimes, and to be reminded that they are not alone. That's why we created our Inspiring Stories page, a collection of uplifting videos where people share their personal stories about overcoming mental health challenges and stigma.

We strongly believe that by sharing our stories and being open about our struggles, we can eliminate the stigma that exists in our communities. These videos are here to remind people of all ages that there is hope and healing available to us all. We encourage you to take some time to watch these videos and share them with your loved ones, colleagues, and young people in your life over the holidays.

Your voice matters! We also want to extend an invitation to our community to submit their own inspiring stories. By sharing your story, you can make a positive impact in the lives of others.

[Browse Our Inspiring Stories](#)



We hope you find these resources helpful, and that you find joy in knowing you've made a difference by being part of this community. As always, thank you for your commitment to our cause, and for helping us bring accessible mental health resources to people of all ages. Your support fuels our mission, and we are so grateful for it.

Have a wonderful holiday season and a happy New Year!

With gratitude,
The Stigma-Free Society Team



Copyright © 2023 Stigma-Free Society, All rights reserved.

Want to change how you receive these emails?
You can [unsubscribe from this list](#).