



MAY HIGHLIGHTS

STIGMA-FREE MENTAL HEALTH'S EXPANSION ACROSS MANITOBA

Dear Stigma-Free Community,

We are proud to highlight our charity's impact and celebrate the growth of our programs in Manitoba! Our team is inviting all Manitoba educators to join the Stigma-Free movement and implement our [Lesson Plans](#) created to align with the Manitoba curriculum.

With Schizophrenia and Psychosis Awareness Day approaching on May 24th, we are breaking the stigma around mental illness by combatting myths with facts.

School staff can use this event as an opportunity to educate students about schizophrenia, psychosis, and other mental health disorders in the coming weeks.

Learn about our Stigma-Free resources available to help you provide this education. Plus, don't forget to book a [Virtual Stigma-Free Presentation](#) for your students before the end of the school year!

Keep reading to find out more about these exciting updates and access our **no-cost** resources.

Celebrating the Stigma-Free Impact in Manitoba



In mid-2022, we began focusing our efforts on expanding the Stigma-Free School Program throughout Manitoba. Since then, our charity has made significant strides in advancing mental health education and support across the province. As of 2023, we have...

- Created **50+** Lesson Plans aligned with the Manitoba curriculum, available on the Student Mental Health Toolkit

- Gave Virtual Stigma-Free Presentations to over **1,400+** students in Manitoba, providing them with valuable mental health and anti-stigma education
- Collaborated with **110 educators** in the Winnipeg School Division to integrate and amplify mental health education across schools
- Increased our reach by **46%** from 2022 – 2023

Thank you to all the school staff in Manitoba who use our resources and share our passion for mental health education. We are humbled to work with you to make a positive impact in your school communities.

Manitoba Educators: Join the Stigma-Free Movement

The [Student Mental Health Toolkit](#) offers lesson plans that are specifically designed to align with the Manitoba curriculum. These resources are widely used by educators and school counsellors to teach students about mental health and stigma. Our Toolkit makes it easy for you to incorporate mental health education in the classroom and provide students with tools to support others and care for their well-being. Browse our Lesson Plans for students in grades 4-7 and 8-12 to get started:

[Manitoba Downloadable Lesson Plans](#)



END THE SCHOOL YEAR WITH A VIRTUAL STIGMA-FREE PRESENTATION

Summer is just around the corner! We are offering an opportunity for educators to book a [Virtual Stigma-Free Presentation](#) to wrap up the school year. Our virtual presentations offer students actionable tools for reducing stigma and promoting mental health in their community. Throughout these 45-minute online sessions, students gain valuable mental health education and connect with inspiring presenters who share their journeys with stigma and mental health. Our presenters leave a lasting impact on students and facilitate a supportive, stigma-free school environment.

[Book a Virtual Stigma-Free Presentation for Your School](#)

Presenter Spotlight



Caurel

3 WAYS TO DESCRIBE Caurel's TALK:

- Energetic
- Powerful
- Enthusiastic



Meet Caurel, one of our incredible Stigma-Free Presenters from Manitoba who is on a mission to help and empower individuals with Complex Childhood Trauma.

Caurel is a dynamic and creative individual with a wealth of knowledge and experience, having worked in multiple service industries in the last 14 years. One of the biggest lessons she learned in those years was the importance of mental health and how unhealed trauma can keep you stuck and away from the life you've dreamed of. In 2021, after completing her training with Marisa Peer to become a Hypnotherapist and a Rapid Transformational Therapy Practitioner, she founded the company In Divine Thyme Transformational Services. Her mission is to help clients with Complex Childhood Trauma break down barriers and release unhealthy habits and patterns to rediscover freedom and peace of mind. Her goal is to get you excited about life again by empowering you with a fresh perspective.

To ensure equitable participation in our program, presenters are chosen at random each time a presentation is booked. Visit our [Stigma-Free Presenters page](#) to learn more about all our presenters!

SCHIZOPHRENIA AND PSYCHOSIS AWARENESS DAY



MAY 24

Schizophrenia and Psychosis Awareness Day is on May 24th, an opportunity for our community to work together to reduce stigma and foster support for individuals living with schizophrenia or psychosis. To help combat stigma, we are sharing some common misconceptions about schizophrenia and psychosis and presenting the facts:

Schizophrenia & Psychosis Fact Check

Myth: People who have been diagnosed with schizophrenia are violent and dangerous.

Fact: People living with schizophrenia are not more violent than the general population. Not only are most people living with schizophrenia not violent, but they are more likely to be victims of violence than perpetrators.

Myth: Psychotic disorders like schizophrenia are extremely rare.

Fact: Psychotic disorders, including schizophrenia, affect over 1.5 million Canadians at some point in their lives.

Myth: People living with psychosis or schizophrenia are unable to work and lead productive lives.

Fact: With the proper treatment and support, many people who have been diagnosed with schizophrenia or psychosis are able to work, attend school, and lead fulfilling lives.

(National Institute of Mental Health, 2024; Lecomte et al., 2021)

School staff: we encourage you to join us in breaking the stigma around psychosis, schizophrenia, and other mental illnesses by educating students on this topic. Visit our [Student Mental Health Toolkit](#) for resources to support you in teaching students about mental illness, including our Downloadable Resource for students in grades 8-12 on [How to Support Someone Experiencing Psychosis](#).



Tag us on social media to share your story or let us know you are taking action to fight stigma on Schizophrenia and Psychosis Awareness Day.

[Instagram](#) | [LinkedIn](#) | [Facebook](#) | [Twitter](#) | [TikTok](#)

If you have any questions about our programs, please don't hesitate to contact us. Thank you for keeping up to date with Stigma-Free Mental Health!

Warm regards

The Stigma-Free Mental Health Team



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