



Get Prepared for Mental Health Week

Dear Stigma-Free Supporters,

Mental Health Week is quickly approaching on **May 6th-12th!** During Mental Health Week, and all year round, we are focused on highlighting the valuable resources provided by our organization to help school staff, parents/guardians, and rural residents make the most of this event by providing mental health education to their communities.

Mental Health Week was established by the Canadian Mental Health Association with the aim of raising awareness and educating the public about mental health. Today, we are sharing Stigma-Free resources that make this vital education accessible and easy for you to implement in your school or rural community.

In this newsletter you will find more information about programming for:

- **School staff and parents/guardians:** Make use of our no-cost [Lesson Plans](#) and [Student Activities](#), available in the [Student Mental Health Toolkit](#).
- **Rural residents:** Discover resources created specifically for people living in rural and agricultural areas in our [Rural Mental Wellness Toolkit](#).

And many more supportive resources to help you open and continue the conversations around mental health within your community.

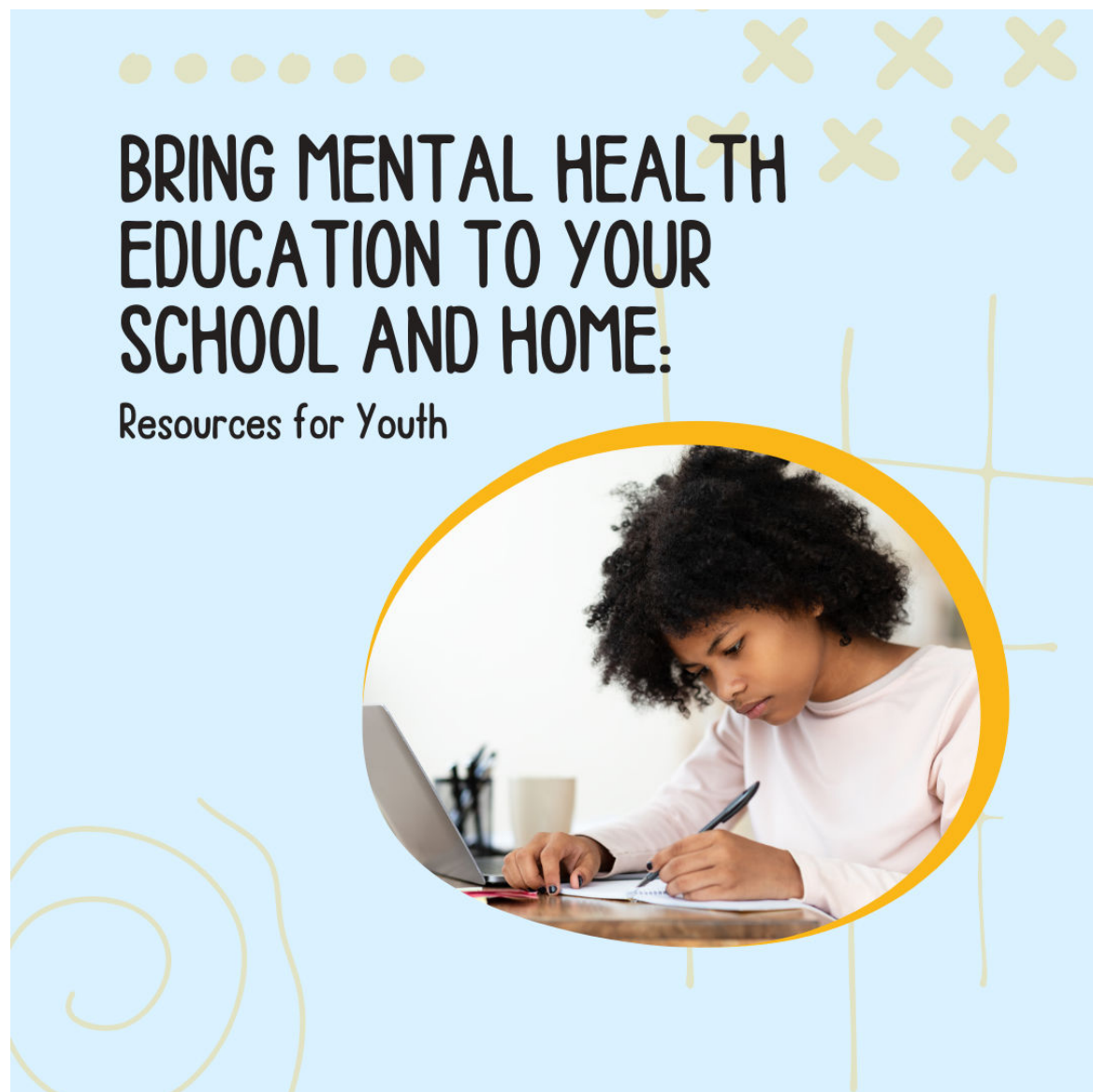
We also have a BIG announcement to make that we're really excited for, so read on to find out more!



Stigma-Free Society Re-names to Stigma-Free Mental Health Society!

We are excited to let you know that we've made a BIG change within our Stigma-Free community, and that is re-naming our organization to Stigma-Free Mental Health Society, or Stigma-Free Mental Health for short. We decided to take on this name change to be more reflective of our area of focus in breaking stigmas around mental health.

Our website with our new domain can be found at www.stigmafreementalhealth.com, and going forward you'll be hearing us refer to ourselves under our new name! We are very excited about this new branding as we continue to expand our work across Canada.



School staff and parents/guardians have an opportunity to provide life-changing mental health education to youth - education that helps them feel less alone when they are struggling, know when to reach out for help, and understand how to support their peers and themselves. At Stigma-Free Mental Health, we aim to

make it possible for you to deliver this education at school and at home. As part of Mental Health Week, we encourage school staff and parents/guardians to make use of our wealth of resources tailored for young minds:

Explore our comprehensive [Student Mental Health Toolkit](#), featuring a range of lesson plans designed for grades 4-12. Our [lesson plans](#) align with both BC and Manitoba (soon to include Alberta) curricula and can be used by educators and school counsellors to have conversations with students about mental health and stigma. Each lesson plan provides school staff with a framework for discussing important topics with students and teaching them skills that foster mental wellness, including managing anxiety, building resilience, developing a growth mindset, and more.

Our lesson plan on [10 Tips for Taking Care of Your Mental Health](#) is the perfect resource for educators to kick off Mental Health Week in their classrooms.

Throughout this lesson, students learn about practical strategies for promoting mental wellbeing for themselves and others. Our [Student Activities](#) are available for both school staff and parents/guardians to provide further education and spark important conversations. In this section, you'll find videos, interactive quizzes, and downloadable resources to educate young people on emotional health and mental wellness.

Browse our library of lesson plans and student activities to incorporate in your class next week:

[Lesson Plans](#)
[Student Activities](#)

STIGMA- FREE CLUBS



Coming Soon! Gain Access to the Stigma-Free Clubs Framework

Coming in 2024, we are excited to provide our community with more information about the Stigma-Free Clubs framework. This document, which can be accessed by school staff, provides students and educators with information on how to begin a Stigma-Free Club within their school and how they can become a Stigma-Free Zone.

This guide empowers students and staff to work together to make their Stigma-Free Club unique to their school and the interests and needs of their school community. Keep your eyes open for more information once the Stigma-Free Club framework is released!



Thank You to Our Adler Interns!

Stigma-Free Mental Health was very fortunate to be able to host six Interns from Adler University during the 2023-2024 Academic Year. Our Interns were active members of the Stigma-Free community and provided valuable insights and resources for our Student Mental Health Toolkit and additional programs.

Thank you to Zia, Rebecca, Ishir, Vaishnavi, Sirjan, and Hassan for your contributions to the Stigma-Free mission! We wish you all the best as you pursue careers within mental health and continue to work to reduce the stigma around pursuing mental wellbeing.



https://stigmafreementalhealth.com/blog/



New on the Stigma-Free Blog

Have you checked out our Stigma-Free Blog? Updated regularly, this is a forum where we discuss various aspects of mental health and wellness.

Learn more about [Active Listening](#) and why it's such a powerful tool for building empathy and reducing stigma. Read the inspiring stories of the Stigma-Free Scholarship Winners [Aberdeen](#) and [Mia](#)! Congratulations to you both, and thank you for sharing your story with the Stigma-Free Community!



Supporting Rural Wellness During Mental Health Week

In rural communities, access to mental health resources can be limited. That's why we're proud to offer our [Rural Mental Wellness Toolkit](#), a comprehensive no-cost resource tailored to the unique challenges faced by rural communities. From supporting rural youth and seniors to promoting family wellness and work-life balance, our Toolkit is here to help.

During Mental Health Week, we invite you to share our [printable resources](#) at local events and browse the [Inspiring Stories](#) shared by rural residents in our toolkit. These stories shed light on the realities of stigma and mental health in rural areas, fostering empathy and understanding within our communities.

[Access Mental Health Resources for Your Rural Community](#)

Thank You to Those Who Attended Our Rural Peer Support Fundamentals Training

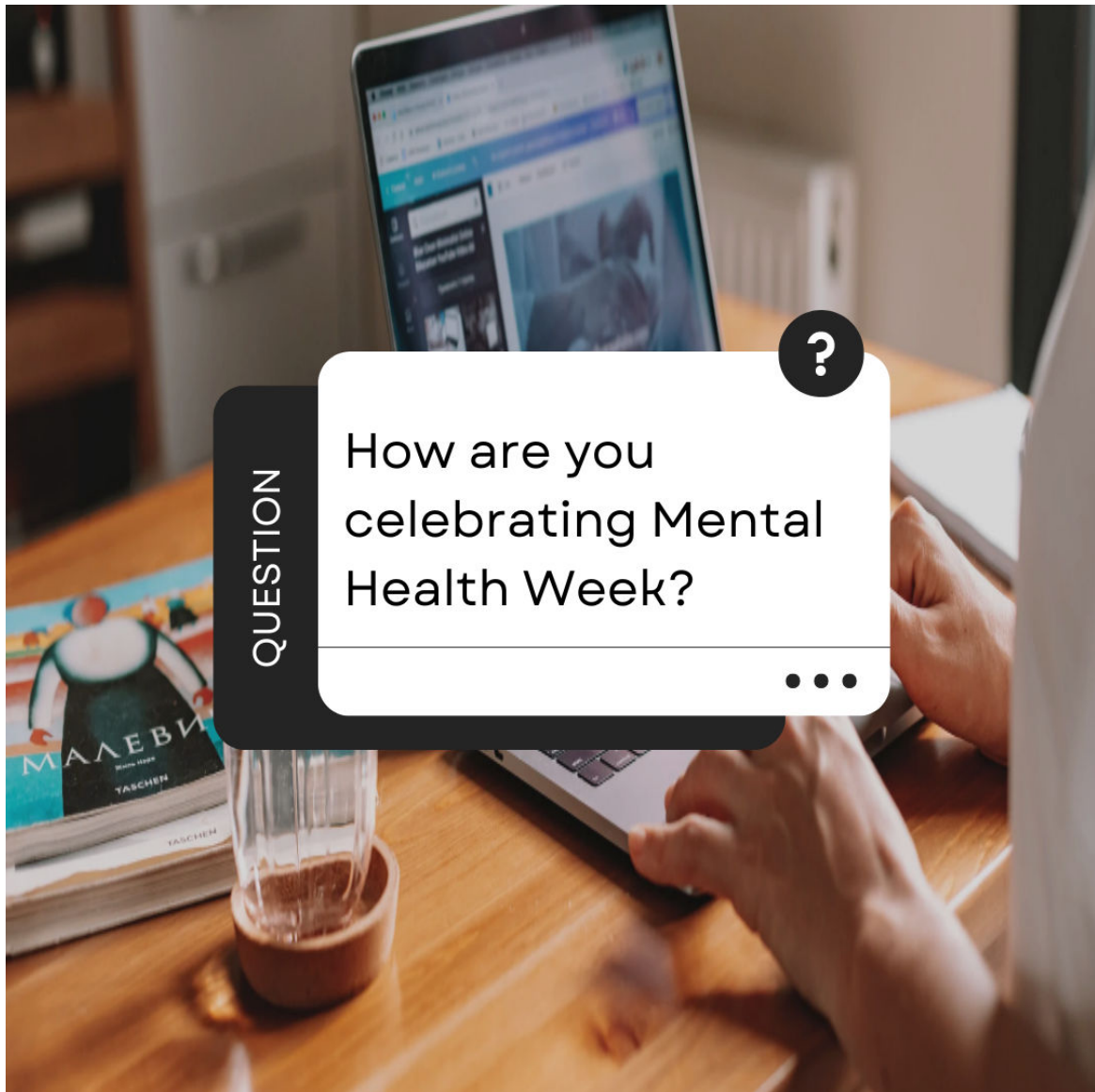
We have completed another successful round of Rural Peer Support Fundamentals Training in partnership with Sara Riel Inc.!

We're thrilled to have equipped rural residents with the tools and knowledge to make a difference in others' lives. Thank you for getting involved and working with

us to achieve our shared goal of fostering stigma-free rural communities.

Interested in participating in the next training?

Learn more about what is taught in Rural Peer Support Fundamentals Training and sign up to be notified about future training sessions, by [visiting our Peer Support page](#) and clicking “Notify Me of Future Sessions”.



Tag us on social media and share how you are taking action to raise awareness about mental health on May 6th – 12th, or any time of year!

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

Thank you for keeping up to date with Stigma-Free Mental Health.

Warm regards,

The Stigma-Free Mental Health Team



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