



Dear Stigma-Free Community,

With September just around the corner, our team is ready to help school staff, parents, and guardians prepare for the upcoming school year. We share resources on current issues affecting youth and offering mental health education to both schools and rural communities.

In this newsletter, you'll learn about:

- Cyberbullying, social media addiction, and promoting healthy tech habits for youth

- International Overdose Awareness Day and reducing stigma around substance use
- Resources for educators: register for our [Student Mental Health Toolkit](#) and [Virtual Stigma-Free Presentations](#)
- [Rural Peer Support Fundamentals Training](#) is taking place this September

Access these resources below and discover how we can work together to support the mental well-being of youth and rural residents.



As our world becomes increasingly digital, concerns about the impact of social media and cyberbullying on young people's mental health are growing. Our latest blog post, "The Hidden Dangers of Cyberbullying and Social Media Addiction," explores the effects of problematic technology use on youth and how we can encourage healthy online habits.

Learn more about minimizing potential harms and maximizing the benefits of technology for children and teens:

[Read the Full Blog Here](#)

Resources for Technology Education

Our no-cost resources and lesson plans make it seamless for school staff to educate youth about healthy technology use. Educators and school counsellors can download the resources below to begin teaching students about this important topic.

- Lesson Plan for Grades 4-7: [Taking a Break from Electronics: The Benefits of Physical Activity](#)
- Lesson Plan for Grades 8-12: [Social Media and Our Mental Health](#)
- Downloadable Resource: [Social Media Hiatus: Why It's Important to Take Breaks from Social Media](#)

For more information about bullying prevention, check out our blog "[How Bullying Affects Mental Health.](#)" This post offers information on the effects of bullying and tips for preventing it both online and offline.

[Register for the Student Mental Health Toolkit to gain full access here](#)



TOGETHER
WE CAN!

INTERNATIONAL OVERDOSE AWARENESS DAY

SATURDAY, 31 AUGUST 2024



August 31st marks International Overdose Awareness Day - an event created to raise awareness about overdose prevention, support those who have been affected by overdose, and honour those we have lost. This day is an opportunity to reduce the stigma surrounding substance use and work together to end overdose. We invite our community to learn more and educate themselves and others with the resources below.

[Addressing Substance Use Stigma in Rural Communities](#)

In this article, guest writer Matt Begg shares important insights about addressing stigma in rural areas and supporting those with substance use challenges.

[Addictions and Mental Illness: Lesson Plan for Grades 8 – 12](#)

This lesson plan for school staff is designed to teach students about the science

behind addiction and the connection between addictions and mental illness, encouraging a compassionate and non-judgemental approach.



Student Mental Health Toolkit

At Stigma-Free Mental Health, we believe that mental health education should be integrated into all classrooms. We created the Student Mental Health Toolkit in 2020 to make this goal a reality.

The Toolkit is for youth, educators, school counsellors, and parents/guardians who want to promote mental wellness for grades 4-7 and 8-12. It includes downloadable resources and lesson plans, documentary videos, and youth activities for the classroom or at home.

Start providing mental health education with our comprehensive resources at no cost.

[Visit the Student Mental Health Toolkit](#)

Virtual Stigma-Free Presentations

Our Virtual Stigma-Free Presentations are a powerful way to educate students about mental health and foster an inclusive environment. Our sessions provide...

- Experienced presenters who share their mental health journey, inspiring students and reducing stigma
- An online presentation based on mental health literacy
- Full access to the Student Mental Health Toolkit
- Supplementary resources, including an Educator's Guide, Pre-Presentation Lesson Plan, and more

Make a positive difference in your school community.

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

STIGMA-FREE MENTAL HEALTH
AWARENESS UNDERSTANDING ACCEPTANCE

RURAL PEER SUPPORT FUNDAMENTALS TRAINING

17 & 24, SEPTEMBER, 2024

8:30 AM - 3:00 PM PDT
10:30 AM - 5:00 PM CDT

Sara Riel
Mental Health & Addictions

SR training

Rural Peer Support Fundamentals Training

Peer support is a vital option for rural communities, where mental health services may be limited. Our Rural Peer Support Fundamentals Training is led by experts with lived experience and covers a wide range of topics, including:

- How to start a successful peer support group in your community
- Trauma-informed care
- Harm reduction
- Core values of Peer Support Accreditation and Certification Canada (PSACC)
- Standards of practice

And much more!

Register for our next 2-day training commencing on September 17th & 24th and access our no-cost manual, "Starting a Rural Peer Support Group in Your Community: A Step-by-Step Guide."

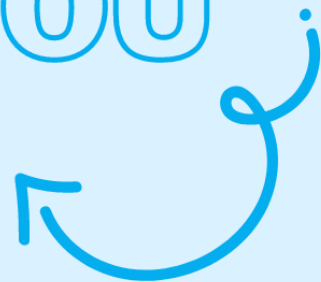
[Register for Training and Access the Guide](#)



THANK YOU

THANK YOU

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Thank you for being part our community. If you have questions about our programs or training, please reach out to us at info@stigmafreementalhealth.com. We look forward to hearing from you!

With appreciation,
The Stigma-Free Team



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