



Dear Stigma-Free Community,

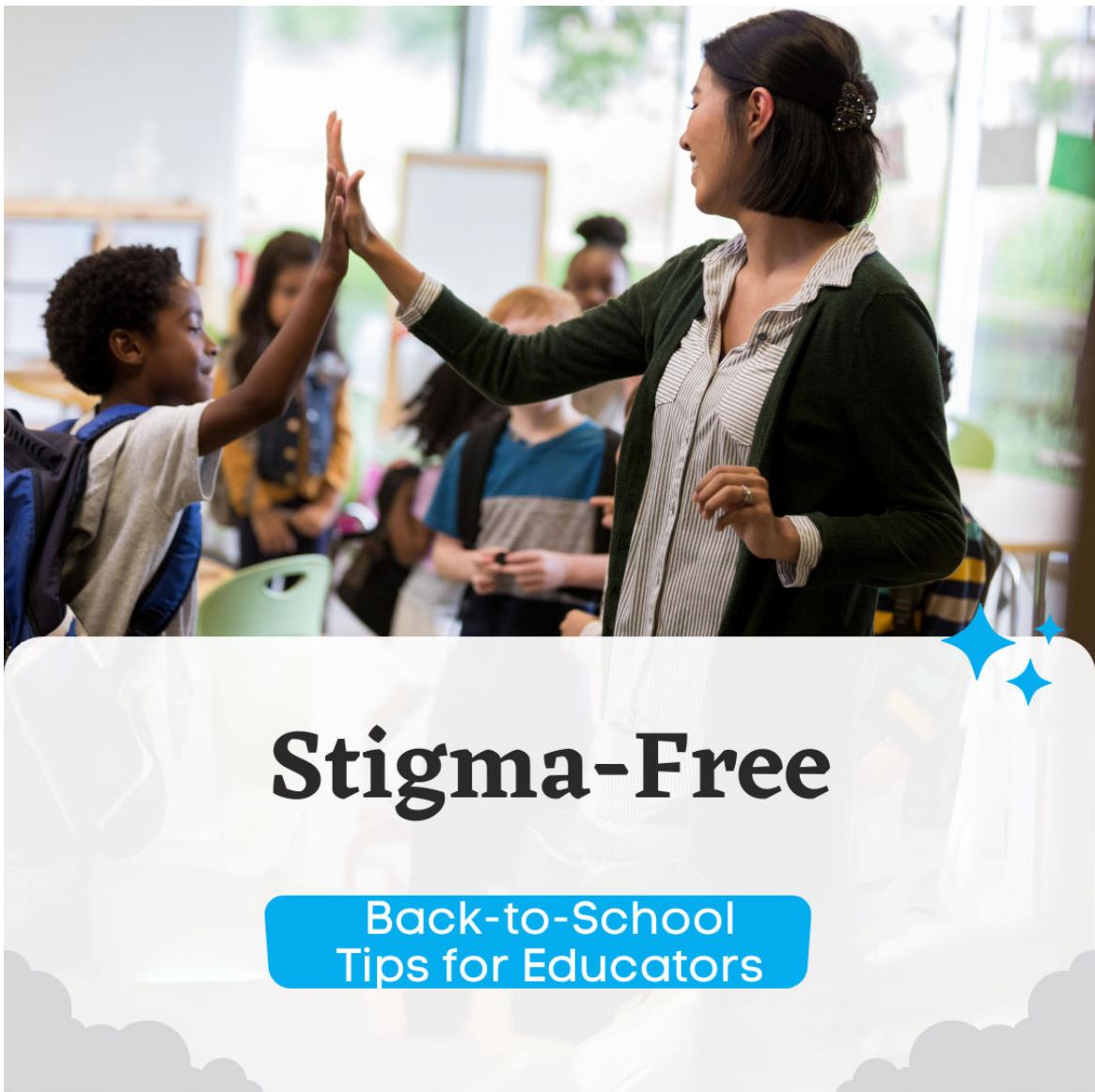
The new school year is here, and we are excited to share tips for school staff to create a Stigma-Free environment for all students! Find out how you can use our no-cost resources to educate students on mental health – because their mental well-being matters just as much as their academic success.

Rural residents: Our Rural Peer Support Fundamentals Training is only a few weeks away! Register now to save your spot.

We have a small number of bursaries for those who have financial barriers so please [contact us](#) for more information.

Inside This Newsletter

- Back-to-school tips and [lesson plans](#) for educators
- Book a [Virtual Stigma-Free Presentation](#)
- Start a [Stigma-Free Club](#) at your school
- Last Chance to Register for [Rural Peer Support Fundamentals Training](#)



Stigma-Free

Back-to-School
Tips for Educators

Here's how you can use our resources to support both your students' mental health and your own well-being.

1. Create an Inclusive Classroom Environment

Set the tone for a welcoming classroom by having discussions about inclusion and encouraging open communication.

Recommended Lesson Plans

- Grades 4-7: [Celebrating Our Differences: Getting to Know Your Mind](#)
- Grades 8-12: [Inclusion and Mental Health](#)

These lessons help students explore the importance of belonging for mental health and accepting everyone's differences.

2. Foster a Growth Mindset and Positive Thinking

Encourage students to view challenges as opportunities for growth, and teach them how to challenge negative thoughts.

Recommended Lesson Plans

- Grades 4-7: [Re-framing & The Growth Mindset](#)
By the end of this lesson, students will be more knowledgeable about the different parts of the brain and how thinking positively can help them become a better learner.
 - Grades 8-12: [Re-framing & Realistic Thinking](#)
Use this resource to educate students on how the adolescent brain develops and ways they can think realistically for a more positive outlook.
-

3. Prioritize Self-Care

Care for your own mental health so that you can maintain a work-life balance and continue to support your students.

Recommended Resources

- [Mental Health for School Staff](#)
Browse our collection of resources created as a source of guidance for taking care of your well-being.

A photograph of a classroom from the back of the room. A teacher is standing at the front, and several students have their hands raised. The image is partially obscured by a semi-transparent grey circle containing the text.

BOOK A VIRTUAL STIGMA-FREE PRESENTATION FOR YOUR SCHOOL

Now is the perfect time to [book a no-cost Virtual Stigma-Free Presentation](#) for this year! Educate your students and inspire them with our presenters' powerful lived experiences. In each 45-minute session, presenters share their journeys with stigma and mental health, leaving a lasting impact on teachers and students alike.

Presenter Spotlight



SABRINA

Meet one of our amazing Stigma-Free Presenters, Sabrina. Sabrina is dedicated to breaking down the stigma surrounding mental illness and encouraging open discussions about mental health. A recent graduate of the University of Victoria, she is currently pursuing a career in marketing. Sabrina understands the stress students of all ages face and aims to spread positivity and hope. Having experienced a complex family dynamic and learning difficulties, Sabrina strives to inspire younger generations to overcome obstacles and embrace who they are. By sharing her story, she hopes to empower others to love themselves and be brave in discussing mental health.

[Book a Presentation](#)

[View All Presenters](#)



Contact us to receive the Framework!

Stigma-Free Clubs bring together students who are passionate about mental health advocacy. Our Stigma-Free Clubs provide a place for students to:

- Connect with peers and share experiences
- Educate themselves and others about mental health
- Develop leadership and teamwork skills

To help you get started, we created the Stigma-Free Clubs Framework, a digital handbook with guidelines for schools to easily launch and maintain a club. The framework is available to schools by request.

[Contact us](#) to receive the Stigma-Free Clubs Framework

Learn more about [Stigma-Free Clubs](#)



RURAL PEER SUPPORT FUNDAMENTALS TRAINING



17 & 24, SEPTEMBER, 2024



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



SR training



Last Chance to Register for Rural Peer Support Fundamentals Training

Time is running out to save your spot for Rural Peer Support Fundamentals Training!

This training prepares you to provide effective mental health support for people in your community. We are partnering with [Sara Riel Inc.](#) to bring you two virtual sessions, tailored for individuals living in rural and agricultural areas.

Join us on September 17th & 24th for our next training and share this opportunity with your network. Don't miss out on this chance to build your peer support skills and make a difference in your community.

[Register Now](#)

STAY CONNECTED



Thank you for being part of our community. If you have any questions about our programs, please [contact us](#). We look forward to helping you implement our resources and supporting you this school year!

Warm regards,
The Stigma-Free Team



Copyright © 2024 Stigma-Free Mental Health Society, All rights reserved.

Want to change how you receive these emails?

You can [unsubscribe from this list](#).