



Dear Stigma-Free Community,

Welcome to our September Highlights newsletter!

This month, we are joining forces with school staff and parents/caregivers to make a difference in the lives of young people through mental health education. Learn how our programs can help you provide youth with life-changing mental health knowledge and further your professional development.

Inside This Newsletter

- **Supporting Youth in Rural Communities:** Equip rural youth with essential mental health tools through the Society's [Rural Mental Wellness Toolkit](#)
- **Tips for Parents and Caregivers:** Access valuable resources to support your child's well-being throughout the school year. [Sign up for no-cost access](#) to our Student Mental Health Toolkit!
- **Inspiring Stories' Callout for Parents and Caregivers:** Share your personal story and offer hope and strategies to other parents and guardians who care for their kids living with mental health challenges.
- **Registration is Now Open for [Stigma-Free Professional Development Day Sessions](#).** Book a Pro-D session for your school today!



Mental health education is vital for people of all ages, including youth, regardless of location. However, mental health resources are often limited in rural areas. That's where our [Rural Mental Wellness Toolkit](#) and [Student Mental Health Toolkit](#) come in.

Through the Rural Mental Wellness Toolkit, we offer materials tailored specifically to support young people living in rural communities. The [Resources for Youth](#) section contains comic books, videos, and other activities for rural kids and teens. If you are an educator, parent, or guardian residing in a rural area, we encourage you to explore and share these resources with the youth you care for.

Lesson Plans for Educators

The Society's Student Mental Health Toolkit offers [Lesson Plans](#) that guide educators in teaching students about mental health. From self-care tips to building resilience, our lessons provide students with skills to maintain their mental well-being and support their peers, covering grades 4-7 and 8-12.

All the resources in our Rural Mental Wellness Toolkit and Student Mental Health Toolkit are accessible online, ensuring that youth in rural communities get the support they need. Start providing mental health education from any location:

[Discover Resources for Rural Youth](#)

[Browse Stigma-Free Lesson Plans](#)



STRATEGIES FOR
PARENTS AND
CAREGIVERS:

Caring for Your Child's Mental Health

If you're looking to teach your child about mental health but aren't sure where to start, we're here to help. Support your child's or teenager's well-being throughout the school year with these tips and no-cost resources.

1. Encourage open discussions about mental health.

Open and stigma-free conversations about mental health are crucial for the well-being of young people. The first step is to create a safe environment for these conversations and connect with youth in a way that feels genuine and supportive.

Our Student Mental Health Toolkit includes a section for parents, guardians and caregivers who are looking for ways to [talk to their child about mental health](#). Plus, make use of resources like our Conversation Cards, designed to help you kick-start conversations about mental health with youth. Browse these tools and more below:

[Resources for Parents, Guardians and Caregivers](#)

2. Do activities together that encourage mental wellness.

In addition to talking about mental health, hands-on activities can help your child learn how to care for their mental well-being and destigmatize the topic. Browse educational activities from the Student Mental Health Toolkit, including the [Situation Shifter](#) available in the Teens Activities section. This activity, created by Dr. Dana Wasserman, Registered Psychologist, and Lynsey Henry, Registered Clinical Counsellor and School Counsellor, helps teens process difficult thoughts and shift their mindset from negative to positive.

Access engaging activities for children of all ages:

[Activities for Youth](#)

[Activities for Teens](#)

3. Teach your child about mental health coping tools.

Be proactive about mental health by equipping your child with coping mechanisms they can use when they are facing challenges. Visit the [Coping with Mental Health](#) section of the Toolkit for mental health videos, comic books, and a Distress Quiz developed by Dr. Dana Wasserman and Dr. Chris Richardson, Research Associate and Scientist at the University of British Columbia.



Parents and Caregivers: Share Your Inspiring Story!

Our Inspiring Stories collection features homemade videos from individuals who share their personal mental health journeys and remind others that they are not alone. We invite you to join this powerful movement and use your voice to inspire other parents/caregivers like you.

We are seeking parents/caregivers to contribute videos discussing their experiences with mental health. By contributing, you are helping to reduce stigma and offering hope to people who may be struggling. To show our gratitude for the time and effort of our contributors, we provide a modest honorarium for those selected to share their stories.

Don't miss this opportunity to make a difference in the lives of others and reach parents/caregivers who need to hear your message. Apply to share your Inspiring Story today!

[Apply Now](#)

Join our growing collective of storytellers like Dr. Genieve Burley, who opened up about her experience with postpartum anxiety, and Krista, a mother of three who spoke about her path to prioritizing mental health as a parent. Listen to their stories and many more:

[Watch Our Inspiring Story Videos](#)

STIGMA-FREE PROFESSIONAL DEVELOPMENT DAY SESSIONS FOR EDUCATORS



Join our informative Professional Development Day Sessions, offered as part of our Stigma-Free School Program. In each session, we provide tools for educators to create inclusive classroom environments, address mental health challenges, and eliminate stigma. Book a session for your school and prepare educators to start providing comprehensive mental health education for students.

[Learn More About PD Day Sessions](#)

[Contact Us to Book a Session](#)



Thank you for being part of our community.

If you have any questions about our programs, please don't hesitate to reach out to us at info@stigmafreementalhealth.com. We look forward to helping you implement our resources in your community!

With appreciation,

The Stigma-Free Team



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