



MENTAL HEALTH & WELLNESS GR. 7-12

Youth-led interactive assembly will provide a positive platform for students to discuss challenges and coping tools. Youth speakers will share personal stories about their challenges with mental health and share a message of empowerment, hope and resilience. Students will better understand coping tools, ways to increase resilience and mental health awareness.

ASSEMBLY FORMAT:

- INTRODUCTION / WARM UP
- SPEAKER'S STORY ONE
- WHAT IS MENTAL HEALTH?
- WHEN DO YOU SEEK HELP?
- SPEAKER'S STORY TWO
- COPING TOOLS
- POSITIVE AFFIRMATION ACTIVITY
- CHECK IN
- Q&A / RESOURCES



I think what your organization does is absolutely amazing. Hearing the speakers personal stories makes it more human and less scary for those who may be having similar thoughts. I especially enjoyed the message "It is ok not to be ok". I often say this to myself. Now more than ever with Covid and restrictions, many people are struggling with their mental health and may need a reminder... Keep doing what you are doing! It was an absolute pleasure having your organization be a part of our event.

Organizer, Youth Event

*Includes Printable Resources Material

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

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