

MENTAL HEALTH AND WELLNESS

GR. 7-12



This 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:

- INTERACTIVE INTRO / WARM UP
- SPEAKER ONE: PERSONAL STORY
- WHAT IS MENTAL HEALTH?
- MENTAL ILLNESS VS. MENTAL HEALTH
- WHEN DO I SEEK HELP?
- COMMON MISCONCEPTIONS
- ALLYSHIP
- SPEAKER TWO: PERSONAL STORY
- COPING TOOLS & POSITIVE AFFIRMATIONS
- CALL TO ACTION
- Q&A / RESOURCES



Our students don't often talk so candidly about issues related to mental illness and hearing other young people do so helped to breakdown the fear and stigma that some of them may feel about these topics. There is an authenticity that YouthSpeak provides that reaches people on a unique level. Our students walked away from the experience with a message of hope; knowing that no matter what challenges or hurdles life brings, we can grow, rise above and end up in a better place for having worked through these challenges...

Marisa Benakis, Teacher, St. Jerome, Aurora

*Includes Printable Resources Material

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



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