

# Mental Health & Wellness

Caring for our Mind & Body



## Program Outline



This **youth-led interactive session** 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.*

### YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



#### Increase Mental Health Literacy

Helps students increase their mental health literacy by discussing various terms and definitions. Youth Speakers discuss the various **nuances that come with mental health, reducing stigma.**



#### Utilize Self-Care

Youth Speakers will share their **personal self-care strategies** and how they integrated them into their own lives. Youth Speakers will also share how they found their coping tools and why they are effective.



#### Understand Support

Helps students understand the different ways we can show support. Emphasizes the **importance of reaching out** when needed.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



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