

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.



Connect with us: www.youthspeak.ca

BOOK US TODAY!

