

COMMUNITY HELPERS

Research demonstrates that youth are 90% more likely to discuss personal issues with a friend, over an adult. CMHA – Calgary Region has recognized that in every school, there are key individuals who teens naturally turn to when they need help. CMHA's Education program has adapted the Community Helpers training for junior and senior high schools.

What to expect from the training:

Students will learn the *Helping Skill*, a tool that supports students' natural helping ability. Opportunity to engage with the *Helping Skill* will be found in topics such as: knowing when to help a friend, limits as a helper, mental illness, suicide awareness, and identifying appropriate resources. The training will engage students in scenarios to build confidence in their ability to help others. At the end of training, students will be able to build mental health equity in the school and community by understanding common mental health language, identifying levels of concern and resolving conflict through the use of the *Helping Skill*, connecting to helping resources and professionals, and practicing appropriate self-care.



**Canadian Mental
Health Association**
Calgary
Mental health for all

Booking:

We recommend a school Guidance Counselor or specified teacher act as the leading liaison for each school's Community Helpers.

Surveys to identify the Community Helpers will be given prior to training and must be administered by the identified liaison of the school. Once the surveys are complete, the school will be able to identify which students were nominated for the training.

For more information or to book Community Helpers training, please contact:

education@cmha.calgary.ab.ca

FOR MORE INFORMATION

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