

# YOUTH EDUCATION

Although mental health disorders may impact one in five Calgarians, social stigma and inaccurate information that exist surrounding mental health create barriers for youth who may need help. Through the use of multi-sensory learning, leading educational practices and modern technology, Youth Education aims to break-down these barriers.

Reaching close to 25,000 students each year, the Youth Education program teaches top quality, age-appropriate learning sessions, specifically aimed at junior high, senior high and post-secondary students in any classroom setting.



**MENTAL HEALTH** The Mental Health session breaks down common misconceptions surrounding mental health disorders and promotes a preventative approach to mental health. Participants gain a comprehensive introduction to the types of mental illnesses and the resources available for help.

**STRESS MANAGEMENT** Attainment of a healthy mind and body begins with understanding how to balance the demands of life. Understanding stress is foundational in maintaining personal health. The interactive Stress Management session provides students with an overview of what stress is, how it affects the body and mind, and the many ways to achieve a healthy balance to cope with stress at school, home, and in day-to-day life.



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

**SUICIDE PREVENTION** Suicide is a leading cause of death between the ages of 12 to 24 years of age in Canada. On average, 500 people die by suicide every year in Alberta. With statistics this high the suicide prevention session is especially important. The Suicide Prevention session provides a compassionate and informative discussion on suicide as it dispels myths, outlines warning signs, and connects youth to resources.

### Booking:

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Learning sessions are free to schools only. Sessions to other groups are provided on a fee-for-service basis. To book a learning session or to inquire for more information please contact:

**[education@cmha.calgary.ab.ca](mailto:education@cmha.calgary.ab.ca)**

*Due to the strong demand, sessions must be booked six to eight weeks in advance to ensure a preferred time and date.*

## FOR MORE INFORMATION

**[cmha.calgary.ab.ca](http://cmha.calgary.ab.ca)**  
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