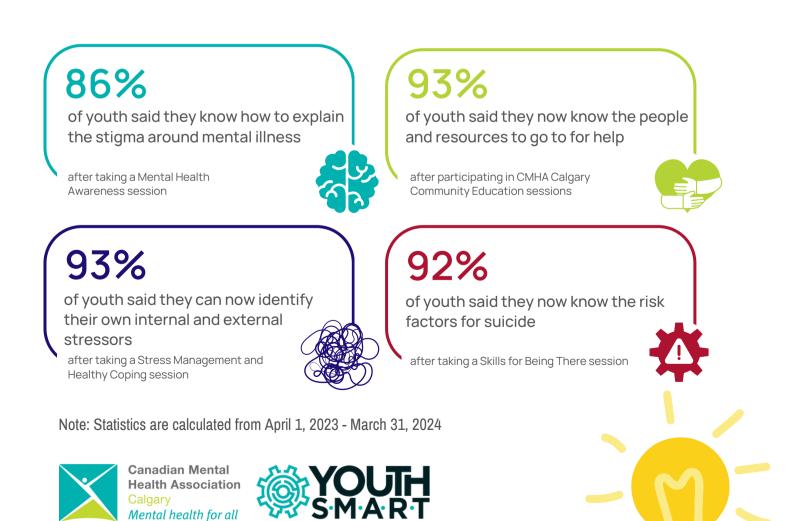
YOUTHSMART - IMPACT REPORT

Thank you for choosing to promote resiliency and mentally healthy communities through your support of Canadian Mental Health Association - Calgary Region's (CMHA Calgary) YouthSMART (**Youth S**upporting Mental Health and Resiliency Together). This program integrates meaningful, youth-led mental health learning opportunities in local schools and community groups.

Designed and implemented by a former teacher, this customizable initiative generates awareness of mental health topics and empowers youth and educators to work collaboratively to execute ongoing mental health awareness activities, unique to each school or community. Your act of generosity, combined with contributions from numerous community and corporate partners, allowed our services to reach tens of thousands of youth this year and contributes to establishing accessible mental health literacy and education within our community.



YOUTHSMART - IMPACT REPORT

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Participating in YouthSMART has been a game-changer for me. The program taught me effective coping strategies for my anxiety, making me feel more equipped to handle stress. Inspired by the positive impact of YouthSMART, I even started a mental health awareness club at my school. This program truly makes a difference!

– Adapted from a Community Education staff member's narrative, following a YouthSMART school session



Your contributions, along with support from all partners, help in a reduction in stigma, an improved understanding of mental health and resiliency, an increase in help seeking behaviours, and a substantial shift toward a safe and supportive culture.

We are deeply grateful that you chose to support our vision of Mental Health For All.







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