

# 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 (**Y**outh **S**upporting **M**ental Health and **R**esiliency **T**ogether). 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.

86%

of youth said they know how to explain the stigma around mental illness

after taking a Mental Health Awareness session



93%

of youth said they now know the people and resources to go to for help

after participating in CMHA Calgary Community Education sessions



93%

of youth said they can now identify their own internal and external stressors

after taking a Stress Management and Healthy Coping session



92%

of youth said they now know the risk factors for suicide

after taking a Skills for Being There session



Note: Statistics are calculated from April 1, 2023 - March 31, 2024



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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



Community Education saw a total of 19,493 contacts\*

\*non-unique



CMHA Calgary’s YouthSMART program offers 4 different mental health literacy course offerings to schools, community groups, and sports organizations.

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.

## Stay Connected



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



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