Canadian Mental Health Association
Calgary
Mental health for all

YOUTHSMART

Creating Confidence to Reach Out



YouthSMART provides mental health learning sessions and engagement opportunities for schools, youth groups, and sports leagues serving youth aged 8 to 24.

Sessions are age-appropriate, interactive, and available both in person and virtually.

A STORY OF IMPACT:

St. Francis High School

> *One key message in the sessions is the importance of reaching out to a trusted adult when someone is struggling. Seeing students take that step right away was a powerful reminder of how these conversations can make a difference.*

CMHA Calgary's long-standing partnership with **St. Francis High School** continues to show the impact of mental health education.

During YouthSMART Suicide Prevention sessions with Grade 10 students, school counsellors noticed something remarkable. After just the first day of programming, **several students approached them to book appointments.**

Some were concerned about friends or classmates, while others were **seeking support for themselves.**

One key message in the sessions is the importance of reaching out to a trusted adult when someone is struggling. Seeing students take that step right away was a powerful reminder of how these conversations can **make a difference.**

WHY IT MATTERS

By giving young people **knowledge, language, and confidence,** YouthSMART helps create school communities where support is more accessible.

Conversations about mental health are **encouraged,** stigma is reduced, and empathy is strengthened.

Students know they do not have to face challenges alone—and they know **where to turn for support.**



With continued support,
CMHA Calgary can help more young people build mental health awareness, confidence, and help-seeking skills.

Every conversation today can create a stronger tomorrow.