



# Mental Health Promotion & Education Services

## Our vision is:

Promoting positive mental health within the community in order to enhance resiliency and capacity, and to reduce discrimination and prejudice.

## We do this by:

- Building capacity in the community to support recovery by increasing knowledge about mental health and related issues
- Providing training and skill development
- Engaging youth in educating their peers on issues related to mental health

## Our priorities are:

- Mental Health Promotion and Education for youth and adults
- Suicide Prevention and Awareness

## We offer:

- Individualized Presentations and Workshops – tailored to the needs of the requesting community group, health or social service organization
- Information Displays – providing mental health information to the public
- Community Education Events – working with partners to bring education events to broad audiences
- National Mental Health Week awareness – recognized annually the first week of May in a variety of ways
- Family Education and Information – an education series, conference, and information provision for families and friends of individuals experiencing a serious mental health issues
- Print Resources for Youth and Adults – distribution of mental health and community support information

## Our education opportunities include:

- SafeTALK
- ASIST (Applied Suicide Intervention Skills Training)
- Mental Health First Aid Canada
- Mental Health First Aid Canada for Adults who Interact with Youth
- Trauma-Informed Support Skills
- Creative Tools for Transforming Compassion Fatigue
- Family Education Series
- Beautiful Minds



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

## Where is this program available?

We offer our services in Waterloo Region and Wellington County.

## Want to learn more?

Call us **1 844 264 2993 x 2036**  
or visit our website:

[www.cmhaww.ca/programs-services/education-and-training/](http://www.cmhaww.ca/programs-services/education-and-training/)

## Our partnerships:

- WW Suicide Awareness Groups
- Cambridge Memorial Hospital
- Public and Catholic School Boards
- Conestoga College
- Lutherwood
- Thresholds Homes and Supports
- Homewood Health Care
- Grand River Hospital
- Partners for Safe & Caring Schools
- Youth Service Providers
- Open Mind Group
- H.O.P.E. Committee
- Mayor's Event for Mental Health
- Community Safety and Crime Prevention Council Social Media working group
- Self-harm Priority Action Group
- Waterloo Region Public Health, Healthy Communities Stewardship
- Get In Touch for Hutch



## We also have a variety of youth-led and in-school initiatives:

We offer mental health education to youth with a focus on prevention and early intervention through presentations to schools, service clubs, and organizations; information displays; and participation in health fairs and community events. These unique programs all utilize the strengths and talents of youth volunteers in their implementation.

### youthTALK

youthTALK supports youth to create and deliver peer-led projects that address the myths and realities of suicide and mental health concerns, promote resiliency and healthy coping, and provide useful information about local resources in Wellington and Dufferin. These projects allow students to develop leadership skills and create meaningful connections with their peers to raise awareness and increase coping skills.

[www.youthtalkdotorg.wordpress.com](http://www.youthtalkdotorg.wordpress.com)

### Beautiful Minds

Beautiful Minds provides school-based education programs that focus on positive mental health and the reduction of stigma. We work with schools, social agencies, and community partners to develop, promote, and deliver presentations designed to increase knowledge and promote stigma reduction throughout a person's life.

[www.beautifulminds.ca](http://www.beautifulminds.ca)

### WAYVE:

Wellness Acceptance Youth Voices Empowerment (WAYVE) is a mental health awareness and bullying prevention program for youth by youth in the Waterloo Region. Youth on In-School teams decide on the issues that are important to their schools and run activities, events, and campaigns to reduce violence and promote mental health in their schools. Youth from the Regional Presentation team come together each year to research, develop, and deliver a presentation about important youth issues. This presentation is offered to schools within the Region of Waterloo. For more information, visit [www.wayve.ca](http://www.wayve.ca).

### Healthy Start

Healthy Start is a school-based group format program that teaches healthy relationship skills to grade one children in a classroom setting. This 10-week program recognizes the importance of positive relationship skills in the early years. The goal of Healthy Start is to provide a solid foundation for young children to develop healthy self-esteem, healthy peer relationships, respect for other, and problem solving skills.