

## Jack.org Livestream Mental Health Talk for Grades 9-12

*We encourage parents/caregivers to join this conversation as well*

**When: Monday, December 14<sup>th</sup>**

**Time: 5:30-6:30 Grades 9 &10**

**6:35-7:30 Grades 11 & 12**

**Where: Zoom**

**PERSONAL MEETING ID: 630-032-0159**

Tupper Counselling would like all students to watch the Jack.org talk as part of their Health and Career Education 8-10, CLC 11/12 curriculum.

Jack Talks are mental health presentations delivered by young people to young people. Check our jack.org, their goal is a Canada where all young people understand how to take care of their own mental health and look out for each other. A Canada without shame, and where all those that need support, get the help they deserve.

Trained and certified youth speakers, Brandon Aujla and Fiona Mak will use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers.

**The talk is designed for young people aged 15-24.** Delivered by two trained youth speakers aged 18-24, the speakers share their own mental health story in accordance with our Safe Storytelling guidelines which ensure that audiences receive the story in a way that is non-triggering and positive. They also educate audiences about the basics of mental health, including the dual spectrum of mental health on which we all - without exception - exist. Speakers share lessons on how to recognize signs of struggle in themselves and their peers, and how to be there for those who might be struggling. Most importantly, the talk covers how to connect with resources, so that audiences have actionable next steps they can undertake.

### **Counselling Support & Follow up**

Tupper Counsellors will be online during the presentation and are available all week leading up to the break. We will also provide everyone with Counselling and Mental Health resources that are available to you throughout the winter break.