

## Mental Health Literacy

Presented By: **Various Alberta Health Services Speakers**

Fee: **\$0.00**

### Date(s) & Time(s)

October 26, 2021: 4:00 PM - 5:30 PM

November 02, 2021: 4:00 PM - 5:30 PM

### Venue:

Online -

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## About the Session

TARGET AUDIENCE: ALL K-12 TEACHERS, PRE SERVICE TEACHERS, LEADERS, EDUCATIONAL ASSISTANTS, AND PARENTS.

Approximately 1 in 5 youth worldwide will experience a mental illness before they turn 25. Many will experience significant and substantial life challenges that may require help. This makes adolescence a critical time for mental health promotion, prevention, early identification, and intervention. Not addressing these issues early and effectively may lead to negative short and long term outcomes. Evidence-based mental health literacy is a scientifically-established effective foundation for all mental health improvements.

### Part 1

1. Introduction to Mental Health Literacy
2. Role of a Go-To Educator
3. Understanding Mental Health and Mental Illness
4. Identifying Youth Who May Be Struggling
5. What to Know About Treatment
6. Boosting Our Own Mental Health

### Part 2

7. Stigma: Impact and how to mitigate it
8. A Review of the most common Mental Health Disorders
9. How Educators can best support students
10. Partnering with Parents
11. Resources for Further Learning

## About the Presenter(s)

Various Alberta Health Services Speakers [OCTYPE html](#)>