

Mental Health Literacy - REPEAT

**PRESENTED BY****Various Alberta Health Services Speakers****SERIES SESSIONS**

Date	Time
April 26, 2022	4:00 PM - 5:30 PM
May 03, 2022	4:00 PM - 5:30 PM

**LOCATION****Online****FEE****\$0.00****QUESTIONS?****Contact Us:****crc-register@arpc.ab.ca
[403-291-0967](tel:403-291-0967)****REGISTER ONLINE****Visit our website to register:
crpcd.ab.ca**

Learning Opportunity

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

Presenters

Various Alberta Health Services Speakers

Registration Notes

This session will not be recorded.

PLEASE NOTE ALL TIMES ARE MOUNTAIN TIME



Providing Quality Professional Learning
Opportunities to K-12 Education Staff