



SUPPORTING YOUTH MENTAL WELLNESS

A Mental Health Literacy Workshop

Thursday May 17, 2018



kelty mental health®
resource centre

Join facilitators from the Health Literacy Team and the Kelty Mental Health Resource Centre at BC Children's Hospital for an informational workshop on supporting youth mental wellness.

The focus will be on wellness promotion, prevention, recognizing early signs and connecting early to services. Please note clinical content on specific challenges will not be specifically addressed.

The workshop aims to share health promotion information and make connection to local resources and services.

Intended Audience: Parents / Guardians and Service Providers

The workshop will include:

- An introduction to talking about mental health and youth story.
- Background information and data on youth mental health.
- Exploration of the Stop Wondering, Start Knowing Video Resource.
- Resources for supporting students experiencing mental health challenges.
- Strategies for promoting overall wellness.



When it comes to supporting child and youth mental wellness, improvements in mental health literacy can have a number of benefits including prevention, early recognition and intervention, and the reduction of stigma and discrimination.



May 17

6:00pm – 8:00pm



HENRY GRUBE
EDUCATION CENTRE

245 Kitchener Crescent
Kamloops, BC

Where do you want to go? | We'll get you there!