



FACE OFF FOR MENTAL HEALTH

Face Off for Mental Health is an awareness and education campaign scheduled to launch in the fall of 2017. St. Clair Child & Youth Services, Lead Agency for Children's Mental Health in Lambton County is pleased to partner with local hockey associations to raise the profile of mental health issues for children and youth. Current partners include: Point Edward Minor Hockey Association, Sarnia Hockey Association, Lambton Sting Jr. AAA Hockey Club, Petrolia Minor Hockey Association, Lambton Attack Girls Hockey, Lambton Shores Minor Hockey Association, and East Lambton Minor Hockey Association.

Mental Health Education Sessions

Understanding the facts about mental health and dispelling common misconceptions is an important part of the campaign that will provide unique information/training sessions for bench staff, parents and players.

Bench Staff – Sessions will focus on general mental health facts, an overview of common signs and symptoms as well as a thorough review of local resources for children, youth and parents. All sessions will allow time for a question and answer period and participants will receive a certificate of attendance.

Parents – Sessions will focus on general mental health facts, an overview of common signs and symptoms as well as a thorough review of local resources for children, youth and parents. Parents will receive tips on supporting the mental health of young athletes, highlighting the importance of effective communication and modelling positive behaviour. All sessions will allow time for a question and answer period and participants will receive a certificate of attendance.

Players – Two separate sessions (pre-adolescent and adolescent) will be offered in a video format that will focus on general mental health facts and an overview of common signs and symptoms. A sample of topics covered will include: bullying and harassment, safe social media, personal wellness strategies, relationships, substance use, anxiety, depression and other mental health disorders, suicide prevention and safety tips.

Face Off for Mental Health Awareness Weekend

Throughout the month of November local hockey associations will designate one weekend as their **Face Off for Mental Health Awareness Weekend**. Each home team will recognize this event with players sporting green hockey tape symbolizing their support of positive mental health. Additionally, mental health information and resources will be available in local arenas for parents and players. Local hockey associations will also display common mental health information on their websites and social media platforms.

