

Information About Stigma-Free Presentations

What is the Stigma-Free Mental Health Society?

The **Stigma-Free Mental Health Society** is a registered charity committed to combating the stigma associated with mental health. The Society fosters programs based on education, support and leadership. This programming encourages and educates diverse communities on how to be more inclusive and compassionate through awareness and understanding.

The Society's goal is to create **AWARENESS** of mental health stigma, develop an **UNDERSTANDING** of the challenges that numerous people face, and encourage all people to foster **ACCEPTANCE** of themselves and others.

What are Stigma-Free School Presentations?

The **Stigma-Free Presentations** program has been running since 2010 and has reached **75,000+** students across Canada. Classrooms and schools can then invite Stigma-Free Mental Health Society Presenters to conduct live Virtual or In-Person School Presentations where presenters share their personal stories, offer knowledge on the topic of mental health and stigma and conduct a Q&A session with students. Virtual presentations are 45 minutes while in-person are 1 hour in length.

The Stigma-Free Presentations program includes:

- **Pre-Presentation Lesson Plans** that educators or school counsellors can use before the day of the presentation to introduce students to the concepts being discussed;
- **Documentary-style Videos** that show personal stories, educate about stigma and mental health, and offer inspiration to students;
- **A Step-by-Step Guide for Educators** that will guide school staff through the process of the Stigma-Free Presentations;
- **Booklets for Grades 4-7 and 8-12** that will be used during the presentations, and will be available to revisit after the presentations;
- **A document containing Stigma-Free Activities** that will help students continue the conversation on stigma and mental health throughout the year;

Please go **[HERE](#)** for more information or email **info@stigmafreementalhealth.com** to book your presentation.

Disclaimer: Please be aware that our presentations explore sensitive topics related to mental health, which may evoke strong emotions or discomfort for some students. We recommend that educators inform students in advance that this presentation will be taking place.

