



Resources

Boys and Girls Club

- <https://www.bgccan.com/en/how-we-help/#child-and-youth-mental-health>
 - Expanding mental health first aid training
 - Increasing trauma informed, community-based mental health supports for children, youth, and the frontline staff who support them
 - Addressing mental health stigma and discrimination by elevating youth voices, including those who have experienced mental health challenges or illnesses

Canadian Sport Institute

- <https://www.csipacific.ca/services/mental-health/awareness/>
 - Information on Awareness and Prevention

Mental Health Commission of Canada

- www.mentalhealthcommission.ca
 - Offers a two-day mental health first aid course

Sherwood Park and Strathcona County Primary Care Network

- <https://www.sherwoodparkpcn.com/programs-classes/mental-health-programs-support/>
 - Initial assessments
 - Treatment plans
 - System navigational assistance

Strathcona County – Well-being and mental health

- <https://www.strathcona.ca/community-families/well-being-and-mental-health/>
 - Community based supports surrounding mental health and self-care

