



## **Presentations on Mental Health**

facilitated by the Calgary Distress Centre

ConnecTeen provides FREE 45-minute presentations to youth. They can help facilitate discussion with your girls about stigma and mental health as well as discuss common mental health concerns or issues they may be facing.

**WHO:** The presentations are best suited for Pathfinders and Rangers.  
They will consider presenting to Guides if the girls are mature.

**HOW:** To book a presentation, visit the [Parents and Professionals page](#) on the ConnecTeen website.

### **BACKGROUND:**

ConnecTeen is the Calgary Distress Centre's youth peer support service, providing a safe, confidential, non-judgmental and easily-accessible space for youth to talk about their problems with other youth. Help is available 24 hours a day by calling 403-264-TEEN (8336) or through email or daily online crisis chat and text at [www.CalgaryConnecTeen.com](http://www.CalgaryConnecTeen.com). Our highly trained youth volunteers are between the ages of 15 - 20 and provide support to teens who are struggling on any issue, who have questions or who just need someone to talk to. We provide approachable support since many young people may not feel comfortable talking to the adults in their life, or they aren't sure how to.

### **PROGRAM TIE-INS:**

Guides	Discovering You – Stay Fit and Healthy #5
Guides	Feeling Good badge
Pathfinders	Girl Stuff – Focus on Friendships
Pathfinders	Girl Stuff – Media and Image
Pathfinders	Girl Stuff – Relationships, Values and Choices
Pathfinders	Girl Stuff – Hot Topics for Youth
Pathfinders & Rangers	Mighty Minds, “Stigma” theme and “Guest Speaker” activity