

What Staff Can Expect at a Virtual HEADSTRONG Summit



**LA TÊTE HAUTE
HEADSTRONG**



**PRENEZ COURAGE BE BRAVE
TENDEZ LA MAIN REACH OUT
DITES-LE SPEAK UP**



You and your students have been invited to attend a Virtual HEADSTRONG Summit. We're excited to welcome you to be part of the HEADSTRONG national youth leadership movement!

What is HEADSTRONG?

HEADSTRONG is an initiative of the Mental Health Commission of Canada (MHCC) that empowers junior and senior high school students to become leaders for mental wellness through positive social action.





What is a Virtual HEADSTRONG Summit?

The Summit is a short series of virtual modules. It's a live event full of real-life stories, thought-provoking activities, opportunities for students to work with peers and students from other schools, prizes, videos, resources, and games. The intent of the Summit is to be a catalyst that motivates and inspires youth to become active in mental health awareness and promotion throughout the year. The Virtual Summit demonstrates the importance of young people's influence and how they can make big changes through simple, consistent action.

What happens during a Virtual HEADSTRONG Summit?

The three Summit modules are focused on:

- informing students about mental health stigma
- recognizing when and knowing where to get help
- understanding mental wellness and recovery
- encouraging youth to use their influence and innovation to create a positive, permanent change in attitudes about mental health in their school and community

Students will learn and explore through the activities, discussions, and videos presented during the Summit modules. Video presentations of personal experiences of recovery from mental health problems and illnesses are an important part of the Virtual Summit. These stories are delivered by trained speakers and are age appropriate. However, we recognize that some students may be affected by a story because of their own life experience. Before the Summit, the HEADSTRONG team will consult with community mental health organizations and schools who provide mental health resources. Appropriate and accessible mental health supports will be highlighted throughout the event for students who need to talk. HEADSTRONG recommends follow-up with a school counsellor for any student who is affected during or after the sessions.

What will happen after a Summit?

After the Virtual Summit, students will work together as leaders at school and in the community to let everyone know it's OK to Be Brave, Reach Out, and Speak Up for mental health! They will use the action plan created in the final module as a starting point to make an impact in their own sphere of influence. Your support will help them make a genuine and lasting difference as they become independent leaders. A virtual check-in after the Summit builds momentum for youth leadership. We can't wait to meet you!

Though we talk a lot about mental illness, HEADSTRONG is a place for hope, good energy, and real change.



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