

BALANCING OUR MINDS WITH THE STIGMA-FREE SOCIETY

*Reducing the stigma around mental health and
inspiring resilience in students*

APRIL 6TH, 13TH & 20TH 2021
1:00 P.M. - 2:30 P.M. PST
VIRTUAL TEAMS PRESENTATION



- **Professional documentary-style videos** featuring mental health educational topics and personal stories
- **LIVE Virtual School Presentations** where presenters share personal lived experience with stigma and mental health
- **Student Mental Health Toolkit** training for students: How to use the online resources!

Visit www.studentmentalhealthtoolkit.com today!

ABOUT US

Vancouver-based Charity
combatting stigma of all
kinds, with a focus on
mental health for 10+ years.

CONTACT US:

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*To learn more, visit us at
stigmafreesociety.com*

