



# A CALL TO BE KIND

Because compassion connects us all.

CMHA  
Mental Health Week  
May 6-12, 2024

#CompassionConnects

May 6

## SafeTalk 12:30pm-4:30 pm

safeTALK is a 4-hour, in-person workshop to build skills in suicide prevention. Participants will learn how to recognize and engage with someone thinking about suicide, talk openly about suicide and connect with intervention resources for further support. Registration is required as space is limited. Available in both Thunder Bay and Orillia.

May 7

## Supporting Students in Distress 11:00 am - 12:30 pm

This virtual workshop outline the various levels of distress and the resources you can provide for a student in each level of distress. Registration required. Those who register will receive a recording of the event if unable to attend live. Grad students are welcome.

May 8

## Verbal Intervention Workshop 12:30 pm - 4:30pm

The Verbal Intervention Training is a half-day (4-hour), activity-based training that provides you with the skills and practice to safely recognize and respond to everyday crisis situations. Registration is required.

## Mindful Meditation 11:45am-12:15pm

Join Student Health and Wellness for live, counsellor-led mindful meditation sessions in our activity room. Each session begins with a check-in, then a mindfulness practice is introduced and guided, followed by an opportunity to discuss any questions or insights.

May 9

## Mindful Meditation 11:45am-12:15pm

See above description

All events and details are listed in the Student Health and Wellness Calendar



For more information on Mental Health Week visit the CMHA website