

Community Education Service



Improving emotional health and well being

Words Matter! Supporting Children and Youth through the lens of Mental Health Literacy

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While there is a positive trend to more openly talk about the mental health of our children and ourselves, there is a lot of confusion about what the terms we use actually mean! What is the difference between a mental health problem, a mental health issue, a mental disorder, and stress and anxiety, for example?

Join Kathy Jarrell, Education Consultant with the AHS Mental Health Literacy Project, for an engaging talk to clarify the terms we use. Leave the session feeling more confident about the concepts, the science and ways to learn more. Let's not just talk about mental health....let's talk with shared understanding!

September 27, 2022
6:30 PM - 8:00 PM

Click here to
Register
Free online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Mental Health Literacy Project.**