

Ready, Set, Action!

Stomping Out Stigma Action Planning

Our School Team:

Students

Teachers and other Adults

Other people from our school (clubs, staff,
health action team, etc.)



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Messages/Topics we would like to share:

Consider these key messages: We all have mental health | Mental health is on a continuum | 1 in 5 students in Ontario will experience a mental health problem | Stigma stops people from getting help | We can promote positive mental health!



What we already do:

What we would like to do:

Here's some ideas: include wellness facts on announcements or in the school news letter, start a 'mental health minute' in the classroom for deep breathing, introduce yoga in phys-ed., incorporate chill out spaces in the classroom/school, have a contest or arts night to promote awareness, create a poster or bulletin board campaign to help provide information and reduce stigma.

Tasks:





Responsibilities:

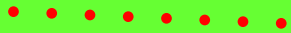
Timelines:

Task	Date to be done by

Materials needed:



Looking for more information or Support?



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**TAMI's Website:
tamidurham.ca**

Talking About Mental Illness (TAMI) Durham's mission is to increase students' knowledge about mental illness and decrease the associated stigma.

The TAMI Coalition is a partnership between children and youth service providers, mental health survivors and the educational system.



Scan for more info

Next steps: