



Your local

Child & Youth Crisis Line

Call anytime 1-833-622-1320



WHO WE ARE: ST. CLAIR CHILD AND YOUTH SERVICES

St. Clair Child & Youth Services is a progressive Children's Mental Health Centre dedicated to helping children, youth and families with coping and adapting to life's challenges. Our service delivery philosophy incorporates values for the people we serve, as well as the recognition of the rights and responsibilities of each client while participating in any of our services.

Empowering Mental Wellness



Face Off for Mental Health is an exciting partnership! How it began:

4 years ago, a hockey coach reached out wanting mental health resources for one of his players. This sparked a great idea! We wanted to make sure that all coaches, players and their caregivers have access to the same mental health resources







EAST LAMBTON

LAMBTON AAA JR. STING

MOORETOWN FLAGS

LAMBTON SHORES

POINT EDWARD

THESE HOCKEY ASSOCIATIONS ARE PROUD PARTICIPANTS OF FACE OFF FOR MENTAL HEALTH

SARNIA STING JR. A

SARNIA MINOR HOCKEY
ASSOCIATION

LAMBTON ATTACK

PETROLIA MINOR HOCKEY

MOORETOWN



FACE OFF FOR MENTAL HEALTH PRESS





Canucks: Tyler Motte + Depression



Rich Clune + Addiction

Robin Lehner Talks
Mental Health

NHL **TALKS ABOUT MENTAL HEALTH** 1 IN 5 YOUTH

STRUGGLE WITH THEIR MENTAL HEALTH

THAT'S ONE PLAYER IN EVERY HOCKEY LINE



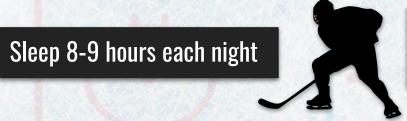
TIPS FOR KEEPING POSITIVE MENTAL HEALTH:



Choose peers who are positive + supportive



Keep active



Talk about your problems with a trusted adult

Focus on your strengths

Remember you have overcome challenges in the past

SIGNS THAT A PLAYER MIGHT BE STRUGGLING:

Isolating: avoiding family + friends, feeling alone

Frequently having outbursts of anger, aggressiveness irritability

Acting out against authority + engaging in risky behaviours

Using Alcohol or drugs

Abrupt changes in mood + behaviour

Lacking **energy + motivation**/withdrawn

Behaviours that interfere with their functioning

KEY MESSAGING FOR COACHES



Keeping mentally fit is **JUST** as important as maintaining good physical health. We believe every player should:

Eat healthy

Take time to relax

Talk about your problems

Sleep 8-9 hours a night

Keep active

Focus on your strengths

Spend time with family + friends

KEY MESSAGING FOR COACHES

If you are having a hard time, it is important to:

- Remember your ability to manage "ups and downs" can be changed and developed
- Recognize challenges you have overcome in the past
- Brainstorm options and possible solutions
- Focus on the things you can control

Mental Health IS Health

You can help your teammates who might be having a tough time by making sure you:

LOOK TALK LISTEN

Resilience is about bending, not breaking under pressure. Growing your resilience will help you bounce back quicker and grow stronger

COACH'S SCRIPT (For Younger Players)

Did you know that 1 in 5 kids today struggle with mental health? This means 1 player on every line - this adds up to 3-4 players on every team! Things like anxiety and depression can sneak in and make it difficult to concentrate on the important things like school, hockey and having fun with your family and friends. If you or your friend/teammate were struggling, we want to make sure you know it is ok to talk to a trusted adult. Your parents, your teacher, your coach, your aunt or uncle...and if you really don't think you can share your feelings with someone close to you, there is a local Child and Youth Crisis line as well as the toll-free Kids Help Line you can call or initiate an online chat anonymously.

We are taping our sticks green in November for Mental Health Awareness. Our goal is to use the green tape as a visual reminder to raise awareness among the players, fans, families and officials. We want everyone to know it's "ok to talk" about mental health and by talking about it, facing it head on, we are smashing the stigma. Acknowledging mental health challenges does not make you weak, it makes you strong and that is why we are participating in Face-Off for Mental Health.



LOCAL AND PROVINCIAL RESOURCES FOR YOUTH

ST. CLAIR CHILD & YOUTH SERVICES

(SARNIA) CHILD & YOUTH CRISIS LINE

KIDS HELP PHONE

519-337-3701

WWW.STCLAIRCHILD.CA

1-833-622-1320

1-800-668-6868



LOCAL AND PROVINCIAL RESOURCES FOR ADULTS

(SARNIA) DISTRESS LINE

1-888-347-8737

CMHA LAMBTON-KENT

1-800-307-4319

Adults are not immune to mental health struggles. If you are an adult & are struggling/know someone who is, please contact these resources



WEAR A GREEN RIBBON HAVE PLAYERS TAPE THEIR STICKS GREEN

WAYS YOU CAN PROMOTE FACE OFF FOR MENTAL HEALTH WITHIN YOUR HOCKEY ORGANIZATION

HOST A
POSTER/COLOURING
CONTEST

SHARE INFORMATION WITH THE VISITING TEAMS



HUGE THANKS TO TOM BABCOCK FOR HIS CONTINUED SUPPORT AND FUNDRAISING THROUGH HIS ANNUAL LAMBTON JR. STING AAA GOLF TOURNAMENT!





IF YOU WOULD LIKE TO BOOK A DROP-IN SESSION FOR COACHES, BENCH STAFF, OR FAMILY MEMBERS TO LEARN MORE ABOUT FACE OFF FOR MENTAL HEALTH OR TO SEEK INFORMATION ABOUT ACCESSING MENTAL HEALTH SUPPORT, PLEASE CONTACT:

pageliz@stclairchild.ca