



St. Clair
Child & Youth Services



Empowering Mental Wellness

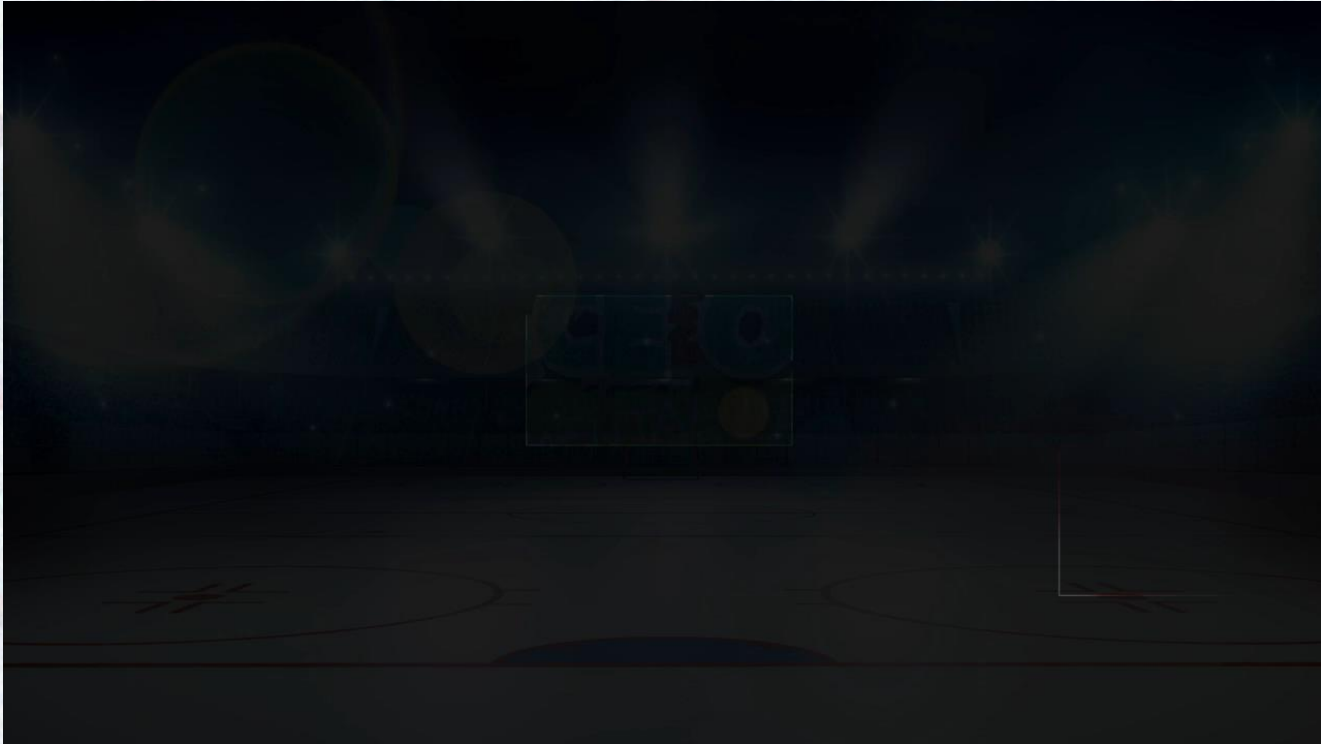
Your local
**Child & Youth
Crisis Line**
Call anytime
1-833-622-1320



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.

WHO WE ARE: Face Off for Mental Health





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.



GREEN is our awareness colour



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



[CBC INTERVIEW](#)



FACE OFF FOR MENTAL HEALTH PRESS

SARNIA
THE OBSERVER



[NEWSPAPER ARTICLE](#)



[Canucks: Tyler Motte + Depression](#)



[Rich Clune + Addiction](#)

[Robin Lehner Talks
Mental Health](#)

NHL
TALKS
ABOUT
MENTAL
HEALTH

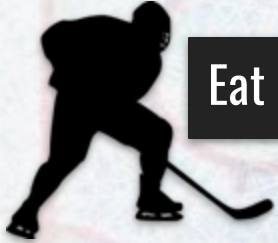
1 IN 5 YOUTH

STRUGGLE WITH THEIR MENTAL HEALTH

THAT'S ONE PLAYER IN EVERY HOCKEY LINE



TIPS FOR KEEPING POSITIVE MENTAL HEALTH:



Eat healthy + drink lots of water

Choose peers who are positive + supportive



Keep active

Sleep 8-9 hours each night



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

Behaviours are a clue to what's going on beneath the surface...

WE SEE...

isolation **alcohol** **sudden changes**
aggression **outbursts** **moodiness**
impatience **drugs** **lethargy**

**THE
UNDERLYING
ISSUE...**

stress **anxiety** **School troubles**
loneliness **Peer issues**
self-esteem **fear** **struggles at home**

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
struggles**

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 change and develop
- 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**



**519-337-3701
STCLAIRCHILD.CA**

**(SARNIA) CHILD & YOUTH
CRISIS LINE**



1-833-622-1320

KIDS HELP PHONE



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



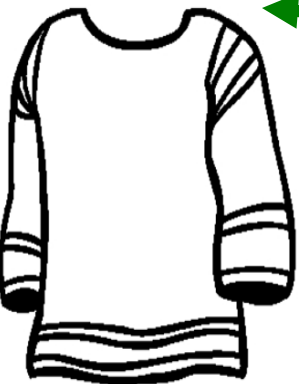
WAYS YOU CAN PROMOTE FACE OFF FOR MENTAL HEALTH WITHIN YOUR HOCKEY ORGANIZATION

HOST A POSTER/COLOURING CONTEST

SHARE INFORMATION WITH THE VISITING TEAMS



It's OK to Talk ...
Design a Jersey for Face Off For Mental Health



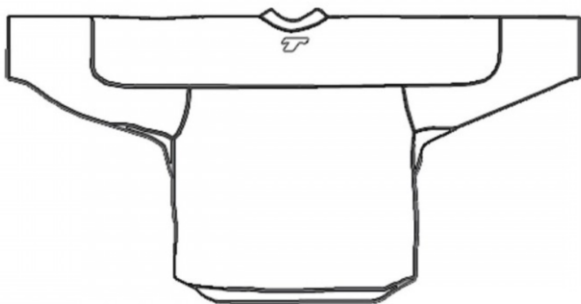
Name: _____
Division: _____



DESIGN YOUR OWN JERSEY!

NAME: _____

DIVISION: _____



IT'S OKAY TO TALK - REACH OUT!



DESIGN YOUR OWN JERSEY!

NAME: _____

DIVISION: _____



IT'S OKAY TO TALK - REACH OUT!



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



to donate in support of
FACE OFF FOR MENTAL HEALTH



CLICK HERE

THANK YOU FOR PARTICIPATING IN FACE OFF FOR MENTAL HEALTH!

We welcome **parent and youth representatives** to join us in our efforts to make the Face Off initiative successful!

One in five children struggles with mental health issues but **five in five are impacted**.

Please contact St Clair Child & Youth Intake at (519) 337-3701 or info@stclairchild.ca if you are interested in assisting with this initiative and supporting our efforts.