



THE BISHOP RYAN  
CATHOLIC SCHOOL COUNCIL



INVITES PARENTS AND TEENS TO ATTEND



# weMATTER

TAKING CARE OF MENTAL HEALTH



A day dedicated to suicide prevention  
and student leadership  
in raising the awareness of mental health and wellness,  
breaking the stigma of mental illness,  
and building a strong community of support.

## THE CELTIC HEALTHY ACTION TEAM

ANN TYRRELL – RN, BScN, CCHN (C) and CATHY ROBERTO – TEACHER ADVISOR

AND

## THE 2016 NATIONAL MENTAL HEALTH CHAMPIONS

## CELTIC CIRCLE STUDENT LEADERS

STEPHANIE NAPOLEONE – PRESENT TEACHER ADVISOR AND MARISA MARIELLA - FORMER TEACHER ADVISOR

### MORNING SESSION

### AFTERNOON SESSION



## safeTALK

*suicide alertness for everyone*

safeTALK is a half-day alertness training  
for *everyone* 15 and older.

Learn how to recognize a person  
with thoughts of suicide  
and how to connect them with resources  
who can help them in choosing to live.

Mental Health activities and  
speaker

"Talking About Mental Illness".

Show your support of student  
leadership in raising awareness of  
mental well-being. Hear an inspiring  
story and learn how you can make a  
difference.

**SATURDAY, FEBRUARY 10, 2018**

**9:00AM – 3:00PM**

**BISHOP RYAN CATHOLIC SECONDARY SCHOOL**

**ROOM 209E**

**Please register by Friday February 2, 2018**

## JOIN US AND STOMP OUT THE STIGMA!

EVENT MADE POSSIBLE BY THE PARENTS REACHING OUT (PRO) GRANTS FOR SCHOOL  
COUNCILS FROM THE ONTARIO MINISTRY OF EDUCATION