

# Youth and Mental Health

The Canadian Mental Health Association in Sussex will be offering a four-part workshop on youth and mental health. Information covered will be decided by the participants, but can include information on:

- Depression and Suicide
  - Anxiety and Phobias
  - Schizophrenia
  - Self-injury
- Stress and Stress Management
- Mental Wellness and Mental Fitness

Workshops will be held on Wednesday afternoons from 4-5:30PM and will commence once minimum registration is reached.

To register or for more information please contact Melissa Baxter, Regional Community Worker, Canadian Mental Health Association:

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