

## Talk Today: Highlights



### CMHA Mental Health Coaches

Each participating CMHA Branch has a designated Mental Health Coach that is directly tied to each of the 20 OHL teams to provide resources and supports for the players as well as the people that surround them. The coach can provide referrals to local mental health, addictions, and crisis services, as necessary.



### Mental health and suicide awareness training

Awareness training is a core component of *Talk Today*. **safeTALK** is an accredited suicide alertness program that teaches individuals to recognize persons with thoughts of suicide and how to take action. The **ASIST** program teaches people how to recognize individuals who are at risk and intervene to prevent the risk of suicidal thoughts or behaviors.



### OHL Mental Health Champions

Each club names an OHL Mental Health Champion to act as an advocate on mental health issues within the community and help players connect with their local CMHA Mental Health Coach. They can be players, coaches, staff, managers, parents, billeting parents or anyone else associated with the team.



### Local Talk Today Events

Each team is hosting annual Talk Today events to increase public awareness about suicide and promote mental health.

## Impact since 2014:



20

All 20 teams have a designated mental health coach & champion.

611

players

158

billets

79

coaches

trained in safeTALK

25

Participants attended Applied Suicide Intervention Skills Training (ASIST), a two-day interactive session to help prevent the immediate risk of suicide.