## YFC Volunteer Training

## 2022 Training

70% of mental health problems have their onset during childhood or adolescence.

- \* In 2016, suicide accounted for 19% of deaths among youth aged 10 to 14 & 29% among youth aged 15 to 19
- \* First Nations youth die by suicide about 5 to 6 times more often than non-Aboriginal youth.
- \* Canada's youth suicide rate is the third highest in the industrialized world.
- \* A growing body of international evidence demonstrates that promotion, prevention, and early intervention initiatives show positive returns on investment. (stats are from https://ymhc.ngo/ Youth Mental Health Canada)

Early indicators show that the pandemic effects on mental health in young people are cause for concern.

Where do we start?

We can equip our volunteers with awareness and ways to connect young people to those who can intervene and help them stay safe for now.

Wed. May 11th, 6 pm - 9:30 pm safeTALK - Suicide Awareness Training with Chris Harwood

## Register for safeTALK

SafeTALK is a program that helps participants become more aware of suicide in the lives of people around them, and teaches simple and effective techniques for helping connect people with thoughts of suicide to those who can intervene, and help turn them toward staying safe for now. It's a part of YFC Winnipeg's Suicide Safer Community plan, and a way for us to help the young people we serve, even in their darkest moments.

## Commit to Kids (in-person) course - Child Abuse Prevention facilitated by Jen Siwik

Mon. May 30th 6 pm - 9:30 pm

Register for Commit to Kids (in-person)