



# Outreach & Education Services

## Community Helpers

Did you know that only **1%** of youth will talk to a professional first when they need to talk?

So, who are they talking to?

Youth talk to other youth, their peers

(Youth Net/Réseau Ado, 2005 as cited in Community Helpers Program Coordinator's Guide, 2008)

The Community Helpers program invites a group of youth to identify peers and adults they find helpful, caring and supportive, through an anonymous survey.

Nominated individuals are offered the opportunity to participate in the Community Helpers program.

In Community Helpers, youth will have the chance to:

- Meet with other helpers to talk about youth issues
- Learn new skills
- Receive some great resources that they can use in the future

This program is about:

- Decreasing stigma around mental health
- Discussing youth issues
- Increasing help seeking behavior
- Increasing self-care
- Increasing community capacity, as local resources are brought in to deliver portions of the program and meet the youth helpers
- Provide peers with accurate information about who to refer their friends to in the school and in the community

We provide lunch & snacks for participants

Participants receive a certificate upon completion

To bring this workshop to a group of youth near you

Contact:

Lethbridge Family Services  
Outreach & Education

403-327-5724

outreach@lfsfamily.ca

or access our website

[www.lfsfamily.ca](http://www.lfsfamily.ca)

Full workshop – 2 days

CH modules can be offered as hourly presentations

