

ABOUT THE BC HOCKEY LEAGUE

The BC Hockey League (BCHL) strives to be the best Junior A hockey league in North America. Comprised of 17 teams, the league is built on the following principles: we always act with the player in mind; we foster partnerships that develop mutual value; we act with integrity in everything we do; we are competitors on the ice and partners off the ice. Junior hockey is open to athletes between the ages of 16 to 20. To learn more, visit www.bchl.ca.

BC HOCKEY LEAGUE TEAMS

- Alberni Valley Bulldogs
- Chilliwack Chiefs
- Coquitlam Express
- Cowichan Valley Capitals
- Langley Rivermen
- Merritt Centennials
- Nanaimo Clippers
- Penticton Vees
- Powell River Kings
- Prince George Spruce Kings
- Salmon Arm Silverbacks
- Surrey Eagles
- Trail Smoke Eaters
- Vernon Vipers
- Victoria Grizzlies
- Wenatchee Wild (Wenatchee, Washington)
- West Kelowna Warriors



ABOUT THE CANADIAN MENTAL HEALTH ASSOCIATION

As the nation-wide leader and champion for mental health, the Canadian Mental Health Association (CMHA) helps people access the community resources they need to build resilience and support recovery from mental illness or addiction. Each year, CMHA BC together with a network of 14 BC branches provides services and supports to over 100,000 British Columbians.

CMHA BRANCHES IN BC

- Cariboo Chilcotin (Williams Lake)
- Cowichan Valley (Duncan)
- Kamloops
- Kelowna
- Kootenays (Cranbrook)
- Mid-Island (Nanaimo)
- North and West Vancouver
- Port Alberni
- Prince George
- Shuswap-Revelstoke (Salmon Arm)
- South Cariboo (100 Mile House)
- South Okanagan Similkameen (Penticton)
- Vancouver-Fraser
- Vernon

Visit www.cmha.bc.ca to find a CMHA branch in your community



Canadian Mental
Health Association
British Columbia
Mental health for all

905 - 1130 W. Pender Street
Vancouver, BC, V6E 4A4

phone: 604-688-3234
or 1-800-555-8222
(toll-free in BC)

email: info@cmha.bc.ca

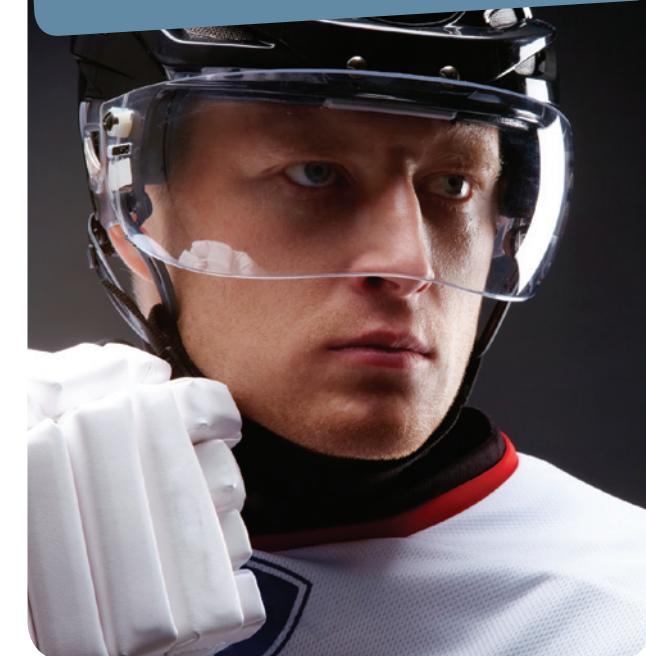
www.cmha.bc.ca



Canadian Mental
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#TalkToday



**Working together to help
athletes thrive**

www.cmha.bc.ca

WHAT IS TALK TODAY?

Talk Today is a mental health education program designed for BC Hockey League (BCHL) players and their supporters to learn about mental health and increase their skills in order to help support players who may be struggling or at risk of suicide.

Developed by the Canadian Mental Health Association (CMHA), the Talk Today program is one of the most comprehensive mental health programs for amateur sports in Canada.

By building relationships between BC Hockey League teams and local CMHA branches, we aim to help young athletes connect with the mental health supports and resources they need to thrive.

CMHA also offers Talk Today through a partnership with the Canadian Hockey League (CHL).

1 in 7 youth will experience a mental illness at some point

HOW TALK TODAY HELPS

There are four main components to the Talk Today program:

Mental Health Navigators

For each BCHL team, a local CMHA Mental Health Navigator serves as a liaison to provide referrals to local community mental health and addictions support.

Bounce Back™ for Youth

Bounce Back teaches skills for managing low mood, stress and anxiety through a series of workbooks and videos that players can access independently online or work through with telephone coaching support.

Mental Health and Addictions Awareness Training for Players and Supporters

CMHA branches offer athletes a Mental Health and Addictions 101 workshop as well as a safeTALK suicide prevention training. safeTALK teaches skills for identifying someone at risk and linking them to life-saving resources. A separate safeTALK training session is offered to those who provide support to the players, such as general managers, coaches, referees, parents and billet parents.

Talk Today Community Events

Each BCHL team hosts a Talk Today community awareness event at one of their home games to show their support for mental health and raise awareness and funds for CMHA mental health programs in their community.



4,300 PEOPLE WERE REACHED AT 9 TALK TODAY COMMUNITY EVENTS IN BC

CMHA DELIVERED WORKSHOPS TO CLOSE TO 220 BCHL PLAYERS, STAFF, PARENTS AND BILLET PARENTS

“ *It was a great workshop last night...very informative and thought provoking...I'm glad that the BCHL is taking steps to educate those who are most involved with these players.*

—Parent of a BCHL player

HOW CAN I GET INVOLVED WITH TALK TODAY?

Visit www.bchl.ca to find your local team and watch for more information on Talk Today community events.

Join the conversation on social media using #TalkToday