



BUFFALO TRAIL PUBLIC SCHOOLS – BTPS Shares Awareness for Mental Health Week and Participates in Hats On! For Mental Health Day

NEWS RELEASE – May 3, 2023

Mental Health Week, May 1-7, is a time to raise awareness of mental health and to promote positive mental health practices. This year, it is more important than ever to recognize the impact that the COVID-19 pandemic has had on mental health. Buffalo Trail Public Schools (BTPS) is proud to participate in Hats On! For Mental Health Day on May 3, to bring awareness to mental health and to show support for those who may be struggling.

Hats On! For Mental Health Day is a day for staff, students, and community members to wear hats and start conversations about mental health. By wearing hats, we show our support for mental health and remind others that it is okay to talk about mental health. BTPS recognizes the importance of starting conversations about mental health and is proud to participate in Hats On! For Mental Health Day.

It is crucial to remember that mental health is just as important as physical health. Mental Health Week is a time to promote positive mental health practices and to remind everyone that it is okay to seek help when needed. BTPS encourages all students and families to take advantage of the mental health resources available to them.

Here are five online support resources available in Alberta:

- Alberta Health Services Mental Health Help Line: 1-877-303-2642
- Kids Help Phone: 1-800-668-6868
- The Support Network: 780-482-4357
- Mental Health Foundation: <https://www.mentalhealthfoundation.ca/>
- Canadian Mental Health Association, Alberta Division: <https://alberta.cmha.ca/>

BTPS is committed to supporting the mental health and well-being of all students and staff. By participating in Hats On! For Mental Health Day, we hope to start important conversations about mental health and to remind everyone that support is available.



Hats On!
For Mental
Health Day