



CALGARY
YOUTH
JUSTICE
COMMITTEES

Volunteer Mental Health Awareness Information Sheet

Equipped



A CALGARY YOUTH JUSTICE
SOCIETY PROGRAM

cyjc.ca



CALGARY YOUTH JUSTICE COMMITTEES

Independent Learning Activity

This is an online independent learning activity for youth to complete on their own time. There will be a worksheet for the youth to complete to show proof of completion.



Creating an Account (If youth need support)

1. Go to <https://equipped.youthsmart.ca/log-in/>
2. Select "Don't have an account? Create one!"
3. Choose the course your File Chair assigned to you to enroll in, the options are Mental Health Awareness or Stress Management and Healthy Coping
4. Add Email
5. Create Password
6. Email Updates, choose which option you'd prefer
7. Add Year of Birth
8. Accept Terms of Use if over 16 years old (If not, you will need parent consent)
9. Login to your account and get started on your course!

Equipped Mental Health Awareness

This course was developed to equip emerging adults with the knowledge and skills for better mental health. Youth 16-18 can complete the course on their own, if under 16 they may need parent consent. Mental health is important at all stages of life but exploring mental health resources is especially important for emerging adults who face many changes that can impact their mental health.

This module is designed to create a better understanding of mental health and how youth can better support their mental well-being.

This course takes approximately 1 hour to complete.

Youth must:

1. Create an account on Equipped
2. Sign up for the Mental Health Awareness Course
3. Complete course and worksheet to show completion

What You Have To Do

- Provide youth with the information to create an account and pick the Mental Health Awareness Course
- Share the Mental Health Awareness Course Reflection Questions Worksheet with the youth so they can fill it out as they work through the course
- Decide if you want the youth to do any further learning from the PDF Workbook

