



To Whom It May Concern:

We are excited to announce that Jack.org will be bringing a Jack Talk to **St. John's College** on **Wednesday, November 29th**.

Jack.org is a registered Canadian charity focused on youth leadership in mental health promotion. We work to help end the silence around mental health so that those struggling can feel comfortable reaching out for support when needed.

Jack Talk presentations are typically about fifty minutes in length and are delivered by two post-secondary aged speakers. The talk is based on our professionally developed curriculum. Speakers will help audiences to understand the basics of mental health, how to identify a crisis, how to seek help, and how to support a friend who may be struggling. These messages are grounded in evidence that shows they can help increase help-seeking behaviours, reduce suicide risk, and work to create safer and more supportive school environments.

It should be noted that talking about mental health can sometimes be difficult for students - especially those who are struggling or have experienced challenging situations. To help address this, all speakers have been extensively trained and are regularly evaluated to ensure that they deliver Jack Talks in a safe manner. Mental health resources will be discussed in the presentation and supports will be in attendance.

We have done everything we can to ensure our messages are evidence-based, well evaluated, and safe in accordance with multiple academic and school boards' best practices. However, some students may still find the presentation uncomfortable. If they wish to excuse themselves at any time, they may do so after alerting a member of the school staff.

For general questions please reach out to **Christine O'Sullivan** at cosullivan@bhncdsb.ca. You may also reach out to talks@jack.org.

Thank you,

The Jack Talks Team