

## For Immediate Release

### The Sarnia Sting and CMHA Lambton Kent “Team Up to “Talk Today” about Mental Health Awareness

Sarnia, ON February 5, 2020 – The Sarnia Sting and Canadian Mental Health Association Lambton Kent (CMHA Lambton Kent) are teaming up to raise awareness about the importance of mental health when the Sting take on the Kitchener Rangers, Sunday, February 9<sup>h</sup> at 4:05 PM EST.

The Sarnia Sting game on Sunday February 9<sup>h</sup> at the Progressive Auto Sales Arena will feature:

- A CMHA Lambton Kent kiosk so fans can learn more about mental health
- Videos featuring OHL players talking about the importance of mental health
- CMHA Lambton Kent / Sarnia Sting “pop sockets” will be available at the door as fans enter the building
- Information about the Talk Today program and the efforts the Sarnia Sting and the entire OHL are making to bring mental health to the forefront

The awareness campaign is part of the ongoing commitment by the Sarnia Sting and CMHA Lambton Kent to implement Talk Today, presented by Teachers Life. Talk Today provides mental health support to players and raises awareness about mental health and suicide prevention throughout communities across the OHL. A key piece of the Talk Today program has been to educate players about mental health and suicide prevention. Every team has received mental health training specific to suicide prevention. Each team is also now linked to a CMHA Mental Health Coach, who provides support and mental health resources to individuals in need.

“By hosting this event, the Sarnia Sting is helping to eliminate the stigma and discrimination associated with mental health issues and encouraging discussion within the community about mental health. We’re extremely grateful to partner with the Sarnia Sting to increase the community’s awareness,” said Alan Stevenson, CEO of CMHA Lambton Kent. “Our community, like many others, has been affected deeply by teenage suicide in recent years. As players, we see the importance of the Talk Today program, and welcome the annual workshops with our local branch. We are very happy to see our league partner with a great organization in CMHA, helping to end the stigma associated with mental health issues. Our team looks forward to playing for a great cause Friday night.” Says Sting Captain Ryan McGregor.

Read more about Talk Today <http://ontario.cmha.ca/public-policy/talktoday/>

Read more about Teachers Life at <https://teacherslife.com/>

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