



ST. CLAIR CATHOLIC  
DISTRICT SCHOOL BOARD  
*Lighting the Way ~ Rejoicing in Our Journey*

## **MEDIA RELEASE: FOR IMMEDIATE RELEASE**

*Wednesday, November 9, 2011*

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### ***SAFE TALK AND I-MATTER WORKSHOPS PLANNED FOR ST. CLAIR CATHOLIC'S THREE SECONDARY SCHOOLS***

Students and staff from St. Clair Catholic's three secondary schools will participate in a day of training, to help promote mental wellness and alert the school communities to persons who have thoughts of suicide.

"By learning more about mental health and suicide our school communities will be better equipped to identify those who are at risk and get them the help they need," says Rob Cicchelli, Principal of St. Patrick's Catholic High School.

The *iMatter* and *Safe Talk* programs will be presented by a team of teachers and peer mentors from Cardinal Newman Catholic Secondary School near Hamilton. *iMatter* focuses on dispelling myths about mental illness and includes lessons which help to build empathy for those who suffer from mental illness. The *Safe Talk* training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid.

"Our staff, led by Tracey Whitcombe and Donna Stewart, is pleased to host the training sessions on these important subjects," says Mr. Cicchelli. "The more we know the better equipped we are to help our friends in crisis to get the care they need. It will help to save lives."

***The iMatter and Safe Talk programs training will be held at St. Patrick's Catholic High School, 281 East Street, N., Sarnia at 8:30 a.m. on Thursday, November 10, 2011.***

***Members of the media are welcome.***