

# MHL and CMHA Partner to Support Mental Health of Jr. A Players

More than 280 players across the Maritime Junior Hockey League (MHL) will benefit from mental health awareness and suicide-prevention training this season through a new partnership between Canadian Mental Health Associations (CMHAs) throughout Nova Scotia, New Brunswick and Prince Edward Island.

With generous support from the NHL Foundation, this new partnership will see CMHA's Talk Today program made available to all 12 teams in the MHL.

TalkToday is one of the most comprehensive mental health programs for amateur sports in Canada. It was created in 2014 and is now offered by more than 50 CMHAs nationwide. Talk Today has four key elements:

Mandatory evidence-based mental health and suicide awareness workshops for athletes that enable them to not only recognize when a teammate, classmate, friend or family member may be struggling, but gives them tools to speak openly about suicide and assist in getting individuals support.

A designated CMHA Mental Health Coach is connected to each MHL team so that they can help in case someone with the club is struggling or seeking mental health information or services.

MHL clubs will host Talk Today game days with related social media activities to raise awareness and reduce the stigma associated with mental health and addictions issues.

A club Mental Health Champion who works with CMHA personnel to help implement the training and awareness activities.

The launch in the MHL is the first phase of a broader partnership between the Canadian Junior Hockey League (CJHL), its member leagues, and local and provincial CMHAs across Canada.

This year, nearly 1,000 players on almost 50 teams across four leagues (MHL, Central Canada Hockey League, Manitoba Junior

Hockey League and Northern Ontario Junior Hockey League) will benefit from Talk Today.

The CJHL and CMHAs will work toward supporting the remaining leagues within the Canadian Junior Hockey League with Talk Today over the next two years.

"From the demands of schooling to the pressures of elite competition and high performance, there are many factors that can affect the well-being of MHL athletes, and it's important to us that they know there's support available," said MHL President Steve Dykeman. "Through this partnership with CMHA, we're making mental health education and awareness a priority for our athletes and the communities in which they play."

"Since 2014, Talk Today has created mental health conversations and reduced stigma in dressing rooms, hockey rinks and communities across Canada," said CMHA New Brunswick Executive Director Christa Baldwin. "Thanks to the MHL and the NHL Foundation, we're pleased to bring Talk Today to hundreds more players, team staff, families and fans, which we believe will create positive change and save lives."

"We've seen the impact of Talk Today and how it can help reduce stigma and normalize conversations about mental health around the rink and in the community," said CMHA Nova Scotia Executive Director Pamela Magee. "Mental health should no longer be a taboo subject in sports and the expansion of Talk Today across the MHL will help raise awareness and provide resources to players who need it."

"Working with the MHL allows us to share with these players and teams the benefits of maintaining positive mental health," said CMHA PEI Executive Director Reid Burke. "And together with all our partners, Talk Today can help create environments where peo-

ple aren't afraid to speak up and ask for help should they be struggling."

"The NHL Foundation recognizes the positive impact and long-term value Talk Today has provided the hockey community through other development leagues and we're pleased to have a role in bringing this important initiative to teams in the CJHL," said John Sanful, Manager of the NHL Foundation. "We strive to create positive change by investing in initiatives that build healthy and vibrant communities through hockey, and we're pleased to support a program that provides valuable life skills for players which they can use beyond their playing careers."

Fast facts:

Talk Today was launched in 2014 and the initiative has since expanded into junior hockey leagues, high schools, colleges, universities and minor sports organizations across the country.

Since 2014, more than 4,000 Talk Today participants have been trained in safeTALK, a globally recognized suicide-prevention workshop.

#TalkToday on social media has earned more than 62 million impressions since 2014.

**FOR MORE INFORMATION:**

**Lori Wheeler, Communications Director, CMHA New Brunswick**  
T: 506-455-5231 Ext. 110 E: lori.wheeler@cmhanb.ca

**Pamela Magee, Executive Director, CMHA Nova Scotia**  
T: 902-466-6600 E: pamela@novascotia.cmha.ca

**Lori Morris, Communications Coordinator, CMHA PEI**  
T: 902-628-3650 E: communications@cmha.pe.ca

**James Faulkner, Communications Director, MHL**  
T: 902-986-8255 E: jfaulkner@themhl.ca

**John Sanful, Manager, NHL Foundation**  
T: 212-324-6132 E: jsanful@nhl.com

## Truro Junior A Bearcats

NOVEMBER - DECEMBER GAMES

Rath Eastlink Community Centre • Community Credit Union Arena, 7:00 pm

Visit the Bearcat website for the latest news regarding the schedule, team and the latest statistics and ticket information.

Visit: [www.trurojrabearcats.ca](http://www.trurojrabearcats.ca)

### Truro Jr. A Bearcats Schedule

DATE	VISITORS	HOME	VENUE	TIME
Fri, Nov 29	Amherst	Truro	Rath Eastlink Community Centre	7:00 pm
Sat, Nov 30	South Shore	Truro	Rath Eastlink Community Centre	7:00 pm
Sat, Dec 7	Pictou County	Truro	Rath Eastlink Community Centre	7:00 pm
Fri, Dec 13	Yarmouth	Truro	Rath Eastlink Community Centre	7:00 pm
Sun, Dec 15	Truro	Valley	Kings Mutual Century Centre	6:00 pm
Fri, Dec 20	Amherst	Truro	Rath Eastlink Community Centre	7:00 pm



Maritime Hockey League  
[www.themhl.ca](http://www.themhl.ca)



The Truro Jr. A Bearcats spent some time helping out recently at the annual food drive in Truro. The 'Cats are always happy to help with events supporting the community.




## Teddy Bear Toss

The Truro Bearcats and Bible Hill Kinsmen are once again teaming up to support the Christmas Index Program this season. 2019's Teddy Bear Toss will be held during the Bearcats' November 30th game against the South Shore Lumberjacks.

Following the Bearcats' first goal of the contest, fans can toss their teddy bears, or other plush animals, onto the ice in celebration. The Bearcats suggest wrapping the plush toy in

a plastic bag to protect it from the ice and snow. Once all the stuffed animals are rounded up and tallied, they will be donated to the local Christmas Index Program.

Last year the Teddy Bear Toss accumulated 319 new toys for children. This season the Bearcats and Kinsmen are once again aiming to beat that record - with your support; join them in supporting this program on November 30th. Game time is 7:00 PM.



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902-893-1990, 107 Willow St., Truro NS B2N 4Z8

**PETER STEELE**  
902-986-4240  
petersteele@hotmail.com

**Best of Luck 'Cats' on an Exciting Season!**



**Saturday, December 7**  
10:00 am - 4:00 pm  
Tree Viewing and Craft Sale

**&**

**Sunday, December 8**  
11:00 am - 4:00 pm  
Tree Viewing and Craft Sale

Stroll through Natural Balsam Fir Trees beautifully decorated for Christmas. Enjoy hot apple cider & gingerbread. Over 100 crafters presenting a large variety of high quality items. \$2 Admission to Craft Sale. Two \$50 Cash Prize Draws - Saturday and Sunday! Lunch/Refreshments Available. Wheelchair Accessible. Coat/Parcel Check.

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Natural Resources Education Centre**  
12046 / 12014 Hwy 224,  
Middle Musquodoboit  
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email: [suemillercfc@gmail.com](mailto:suemillercfc@gmail.com)



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**GO CATS GO! GO CATS GO!**