

## Windsor Spitfires and CMHA Windsor-Essex team up to raise awareness about mental health during home game

[Feb 1, 2017, Windsor] – The Windsor Spitfires and Canadian Mental Health Association (CMHA), Windsor-Essex County Branch are teaming up to raise awareness about the importance of mental health during an upcoming Windsor Spitfires home game.

The Windsor Spitfires game on February 2, 2017 at 7:05 p.m. will feature:

- A CMHA-run kiosk so fans can learn more about mental health
- Videos featuring Windsor Spitfires players talking about the importance of mental health
- Public address announcements about mental health
- Puck Drop Ceremony

The awareness campaign is part of the ongoing commitment by the Windsor Spitfires and CMHA Windsor-Essex 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.

“The partnership with the Windsor Spitfires has been extraordinary. We are delighted that CMHA Windsor-Essex has the opportunity to provide invaluable education and awareness about suicide prevention to both the players and the community,” said Claudia den Boer, CEO CMHA, Windsor-Essex County Branch. For ticket information, contact [windsorspitfires.com](http://windsorspitfires.com).

Read more about [Talk Today](#).

Read more about Teachers Life at [Teacherslife.com](http://Teacherslife.com).

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