



## FACE OFF FOR MENTAL HEALTH

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FOR IMMEDIATE RELEASE  
2017-10-17

One in five children and youth will experience a mental health problem. That's equivalent to one player on each line during a hockey game.

St. Clair Child & Youth Services, Lead Agency for Children's Mental Health in Lambton County is pleased to partner with local hockey associations to raise the profile of mental health issues for children and youth. Current partners include: Point Edward Minor Hockey Association, Sarnia Hockey Association, Lambton Sting Jr. AAA Hockey Club, Petrolia Minor Hockey Association, Lambton Attack Girls Hockey, Lambton Shores Minor Hockey Association, and East Lambton Minor Hockey Association.

The concept of bringing together hockey and the local children's mental health agency all started because of a coach seeking information about mental health to better support the players on his team.

St. Clair Child and Youth Services has been offering mental health education sessions to bench staff in each association, highlighting signs and symptoms of mental health issues as well as sharing information about local resources. Plans are to expand the education campaign to players and parents throughout the season.

As part of this initiative, local hockey associations will be recognizing the Face Off for Mental Health Campaign with their own mental health awareness weekends throughout the month of November. Home teams will show their support with their sticks wrapped in green tape symbolizing the green ribbon for mental health awareness.

Two key events are being held to kick off the campaign. On Sunday, Oct 22nd the Lambton Jr. Sting Minor Midget AAA will take on the London Knights on Sunday, October 22<sup>nd</sup> - 1:30 PM at the Progressive Auto Sales Arena. A special cheque presentation will take place prior this game. Also, the Sarnia Legionnaires will throwing their support behind the Face Off for Mental Health Campaign with a Mental Health Awareness night on Thursday, October 26<sup>th</sup> when they take on LaSalle at 7:00 PM and both teams will be showing their support with green tape on their sticks. Every child or youth wearing a local hockey jersey will get in free.

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