

PREPARATORY AND FOLLOW-UP ACTIVITIES

PREPARATORY:

- I will provide a package for teachers/employees with information on my talk and on mental health in general. As well, I provide questions to reflect on.
- I will be easily accessible to my contact by email or phone, to discuss any questions or concerns they may have prior to my visit.
- I will provide my website address as a resource, which will inform about my mandate and mission, and what I will be talking about during my presentation.
- I will outline the main themes and facets of my talk so that those in attendance will know what to expect during my presentation.

FOLLOW-UP:

- I will encourage teachers/employees to create an **“ask the advocate”** question box, so students/teachers/employees can ask the advocate/author a question about mental health or his journey.
- I will encourage students/teachers/employees to share their feelings about what they learned, and talk about what they experienced.
- I will keep in touch with my contact liaison ensuring that those who attended have responded positively to my talk.
- I will provide contact information and healthy tips for mental health and mental growth (bookmarks which include my website address).