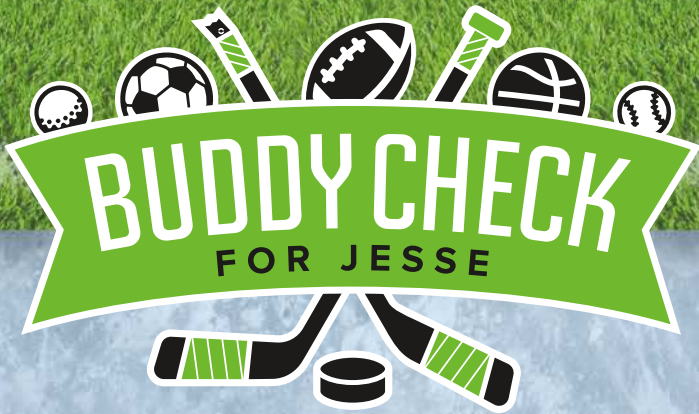


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POSTCARD**

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TODAY!**



BUDDY CHECK
FOR JESSE

HELPING COACHES

Support Mental Health

Your Athlete and Buddy Check for Jesse



Your athlete will be, or has received, a Buddy Check for Jesse talk from their coach. The goal of this conversation is simple: bring mental health conversations into the sports arena. It's important your athlete understands they're in a safe place and that talking about how they're feeling is not only okay, it's encouraged.

The purpose of Buddy Check for Jesse is to:

- Create a safe space to talk about mental health;
- Destigmatize mental health disorders;
- Encourage your athlete to “Buddy Check” their teammates and others;
- Create awareness, understanding and compassion for silent illnesses such as anxiety and depression.

You will notice that the color green will be prominent on your athlete. We'd like you to encourage your athlete to wear their green “loud and proud” as green is the color for demonstrating their support of mental health awareness and show understanding and compassion towards mental health disorders.

And hey, we'd be honoured if you showed your support and wore green to your Buddy Check event!

For some youth resources please go to: buddycheckforjesse.com/links

Buddy Check is a Canadian Charity and we rely on donations to continue to grow and share our message. To donate, please go to: buddycheckforjesse.com/donate