



News Release

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LAMBTON KENT DISTRICT SCHOOL BOARD, ST. CLAIR CATHOLIC DISTRICT SCHOOL BOARD AND CANADIAN MENTAL HEALTH ASSOCIATION LAUNCH NEW 'BE SAFE' APP

BeSafe is a new computer app, which has been purchased jointly by the St. Clair Catholic and Lambton Kent District School Boards, along with the Canadian Mental Health Association, to support teens and young adults making decisions in crisis.

"These on-line resources are a reflection of the way young people communicate in the digital world of the 21st Century," says Dan Parr, Director of Education for the St. Clair Catholic District School Board. "We know this app will be a quick and reliable pathway to help for young people and families in crisis."

"This is another important tool we can make available to our young people to help keep them safe and allow them to support others, says Jim Costello, Director of Education for the Lambton Kent District School Board.

"The mental health of youth is a priority for all of us; CMHA Lambton Kent is pleased to partner with both boards of education to bring this innovative project to our youth" says Alan Stevenson, Chief Executive Officer for the Canadian Mental Health Association Lambton Kent

BeSafe was developed by **mindyourmind**, an award-winning, not-for-profit mental health program that engages youth, young adults and the professionals who serve them, to co-develop reliable and relevant resources. The goal of **mindyourmind** is to inspire youth to reach out, get help and give help.

The *BeSafe* app allows users to make a safety plan and gives them options for getting help by empowering them to reach out safely. It also informs them about resources in Chatham-Kent and Sarnia-Lambton.

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