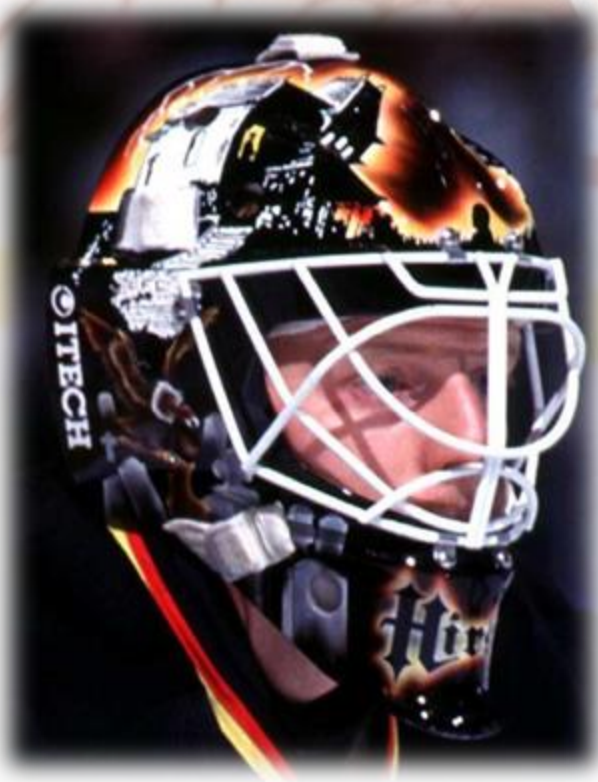


Resilient Local Leaders: Charting the Course to Support Mental Health in Elected Officials

**Guest Speaker
Sponsor**

**Justice Institute of
British Columbia**

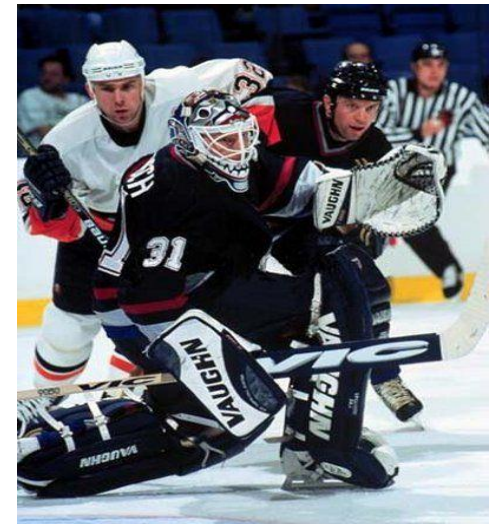
“One More Day”



**Mental Wellness
With Corey Hirsch**



NHL



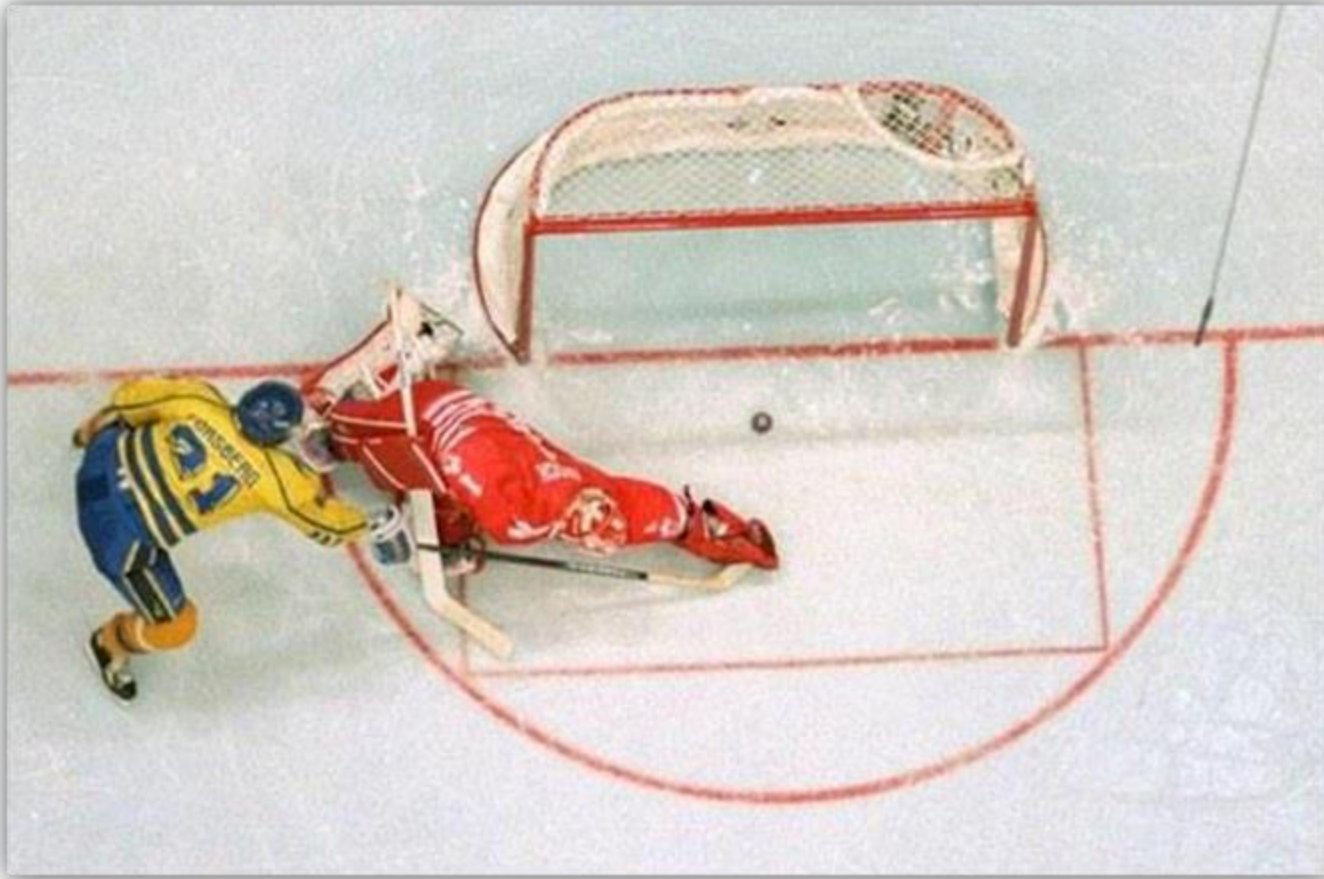
Winter Olympics



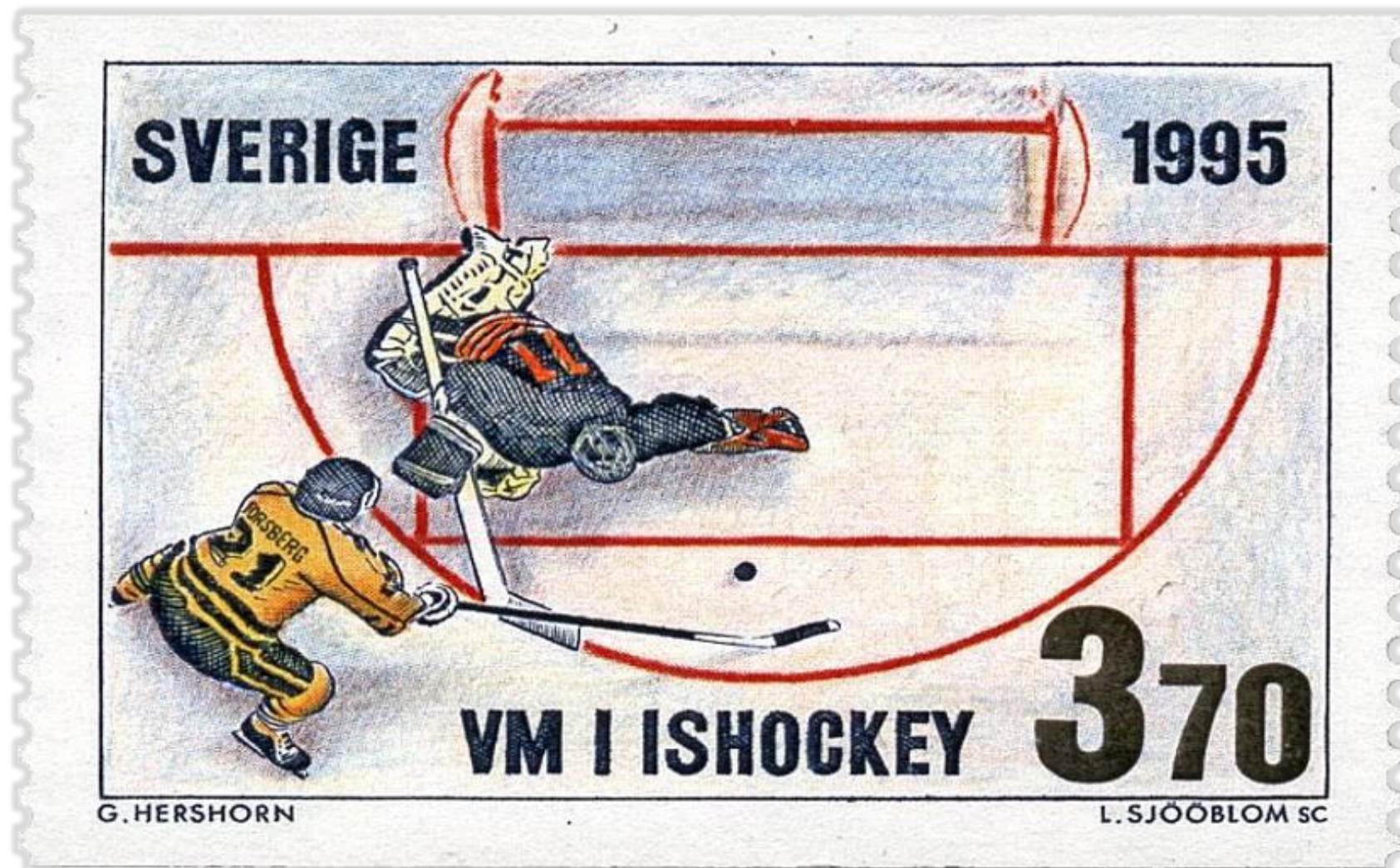
The Shootout



“The Forsberg”



The Stamp





DARK, DARK, DARK, DARK, DARK, DARK, DARK, DARK

BY COREY HIRSCH



Stanley Cup Champions





Tickertape Parade



Vancouver Canucks





YOU ARE NOT ALONE

BY COREY HIRSCH

THEPLAYERS'
TRIBUNE



SIGNS TO LOOK FOR





What Can I Do To Help

1. “Tell me”
2. Listening
3. Be Relatable



What About You ?

1. **Loss of Privacy and Anonymity**
2. **Managing Expectations**
3. **People Pleasing**



What You Can Control

1. Nutrition
2. Exercise
3. Sleep
4. Getting Outdoors
5. Attitude and Work Ethic
6. Emotional Regulation



gettyimages
B Bennett

2 Years Later...



Be Your Own Best Advocate



Social Media



“

I swear if I have to listen to [#CoreyHirsch](#) commentate one more f*** game, I'm going to stab myself in the face.
[#soannoying](#) [#youarentfunny](#)
[#pleasestop](#) [#VancouverCanucks](#)



”



Keys To Help Myself

1. Practice Gratitude
2. Be of Service



Silent Stigma

Getting Help Equals Being Weak









“One More Day”



Gretzky 894 Goals...





Blindsided Podcast





Thank You

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