NOJHL Showcase 2016 highlights the second season of Talk Today

Talk Today will be front and centre at a two-day tournament held by the Northern Ontario Junior Hockey League (NOJHL).

The NOJHL Showcase 2016 consists of a full schedule of games for all 12 teams in Sudbury on Oct. 11 and 12, but will also highlight the value of Talk Today.

The NOJHL and CMHA branches in northern Ontario are entering their second season of Talk Today, one of the most comprehensive mental health programs for athletes in Canada.

This includes the Soo Eagles, Soo Thunderbirds, Blind River Beavers and Elliot Lake Wildcats. CMHA Sault Ste. Marie is proud to offer mental health and suicide-awareness training and additional support as needed to those teams and their players.

“Talk Today provides athletes with the tools to understand the value of positive mental health and to support their teammates,” CMHA Sault Ste. Marie executive director Annette Katajamaki said. “We’re pleased to be part of this initiative and to emphasize the need to destigmatize mental health in the realm of competitive sports.”

“We’re thrilled to include the Canadian Mental Health Association in the NOJHL Showcase 2016,” NOJHL commissioner Robert Mazzuca said. “Talk Today is an important program for our league. The mental health of our players is very important to us.”

The partnership between the NOJHL and CMHA was announced last December. In the first partial season, 189 players and 13 coaches received mental health and suicide-awareness training.