



Canadian Mental
Health Association

TALK TODAY



January 31, 2025

FOR IMMEDIATE RELEASE

***Summerside Western Capitals and CMHA PEI team up
to raise awareness about mental health during
upcoming home game***

Summerside – The Summerside Western Capitals and the Canadian Mental Health Association PEI Division (CMHA PEI), are teaming up to raise awareness about the importance of mental health during the Summerside Capitals upcoming home game at Credit Union Place on Sunday, February 2 at 6:00pm.

The Summerside Capitals game on February 2 will feature:

- A CMHA PEI kiosk so fans can learn more about mental health
- Videos featuring Summerside Capitals players talking about the importance of mental health
- Public address announcements about mental health
- Puck drop with representatives from CMHA PEI and the team captains

The awareness campaign is part of the ongoing commitment by the Summerside Western Capitals and CMHA PEI to implement *Talk Today*. *Talk Today* provides mental health support to players and raises awareness about mental health and suicide prevention throughout communities across the Maritime Hockey League.

A key piece of the *Talk Today* program has been to educate players about mental health and suicide prevention. Every team has received mental health training specific to suicide prevention. Each team is also now linked to a CMHA Mental Health Coach, who provides support and mental health resources to individuals in need.

“We are pleased to once again be partnering with the Summerside Capitals in offering the Talk Today program and hosting the upcoming Awareness Game on February 2. By taking part in this, the Summerside Capitals are helping to decrease the stigma around mental health issues that often keeps people from getting the help they need. Nearly 60% of people with a mental health problem or illness won’t seek help for fear of being labelled. It’s important for all of us to encourage people to seek help if they are struggling and to make sure they know they are not alone,” said Shelley Muzika, Executive Director of CMHA PEI.

“We are extremely pleased to team up with CMHA to bring awareness to this important cause. This cause is very near and dear to our players and staff,” said Pat McIver, President/Governor of the Summerside Western Capitals.

For ticket information, go to the Summerside Western Capitals web-site: <https://www.gocapsgo.ca/> or call the Credit Union Box Office at 855-985-4357.

For more information on the Talk Today program please go to the web-site: <https://talktoday.ca/>

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