



Hello Families,

This season, Greater Victoria Minor Ball Hockey will be supporting our players and coaches with the Buddy Check for Jesse message all season long.

For those who don't know about Buddy Check for Jesse, it is a Canadian charity, created by Dr. Stu Gershman, a BC Dad/Coach/Physician whose son died by suicide in October 2014. The goal of this charity is to help raise awareness for the importance of youth mental health through the power of sport. Our youth are the change-makers of the future.

This talk/resource and swag handout will take about 15 minutes and aims to raise mental health awareness to our players and help them learn to support both those managing mental health disorders and, in its simplest form, poor mental health days - without judgment. The talk is meant to remind players to be good teammates in and out of the dressing room/on and off the playing surface and to encourage your athlete to "Buddy Check" their teammates, and others, throughout the season, and beyond.

Buddy Check is about teamwork, support, awareness and acceptance and we are honoured to bring the Buddy Check message to our team.

Green is the official color representing mental health and we share it proudly so everyone can be visually reminded of its importance.

#### HERE'S WHAT TO EXPECT:

- Your athlete will receive an approximate 10-minute Coach's Talk about the importance of mental health and checking in on one another. The main theme of this talk is kindness, compassion, support and teamwork - both within and outside the sport domain.
- All players (except the Tykes) are being provided with green Buddy Check laces- please encourage your athlete to wear them throughout the season - not just for one game - to help show their support for mental health awareness.
- Depending on the age of your player, they will also receive an information bag tag and/or green tape for their stick (younger players). A strip of green tape can be added to the stick blade.

If any of you would like to further support this cause by purchasing official branded Buddy Check apparel and gear, please go to our apparel shop at [www.https://buddycheckforjesse.com/shop](https://buddycheckforjesse.com/shop). All proceeds are donated to Buddy Check For Jesse.

Also, please consider a donation to help "pay it forward" so more youth can be reached with this important message [www.buddycheckforjesse.com/donate](https://buddycheckforjesse.com/donate). For additional information on Buddy Check for Jesse, please visit the website at [www.buddycheckforjesse.com](https://buddycheckforjesse.com).

Thank you,  
The Buddy Check For Jesse Team

CLICK HERE for more info on the program:

**[BuddyCheckForJesse.com](https://buddycheckforjesse.com)**

