

# WCI grad nominated for Heroes of Mental Health award

## Tara Green recognized for her ongoing work in suicide prevention

By Jennifer McFee

A Warren Collegiate Institute graduate is being recognized for her work in mental health.

Tara Green, 18, has been nominated for a Heroes of Mental Health awards in the category called the RBC Believe in Youth Award.

"It's basically for my work with youth and how I've prevented suicide that are due to mental illnesses. I've prevented over 100 suicides, and 75 per cent of them were due to mental illnesses," said Green, who is studying education at the University of Winnipeg.

"It feels absolutely amazing to be recognized for the work that I have done. I wouldn't have even thought that this could happen."

Green is involved with an organization called Hateless, which travels to schools across the country to provide motivational speaking and to engage with students through music and drama.

Their mission is to spread a message of hope and acceptance will also be providing resources about bullying and mental health.

"I share my story and I have kids in tears all the time, jaws dropping. It's powerful. I was bullied all my life from young to now," she said.

"I had both my knees broken. I've tried to commit suicide four times. I got into the drugs and alcohol. That's why I'm doing what I'm doing — because I want people to prevent others from doing what I tried to do."

Green, who was also nominated for a Women of Distinction award this year, said she provides her contact information while she does her motivational speeches.

"Kids are always coming up to me and talking to me right there personally, so I do keep in contact with a lot of them. I do drive out to where they are if it gets more serious," she said.

"My youngest one was six who wanted to commit suicide. It was hor-



TRIBUNE PHOTO SUBMITTED

Tara Green of Woodlands has been nominated for a Heroes of Mental Health award in the category called the RBC Believe in Youth Award.

rible. I didn't even know what to do because she was so young."

But her work is having an impact and it is also being noticed.

"My passion is saving lives and that's why I'm being recognized for it now."

Winners of the Heroes of Mental Health Awards will be announced at a luncheon at the Delta Hotel in Winnipeg on Oct. 8.

## CIBC Run for the Cure

TRIBUNE PHOTO BY NATASHA TERSIGNI

In celebration of Client Appreciation Day, CIBC branches across Canada, including the Stonewall branch, donated \$1 from every client who made a eDeposit transaction on Sept. 25 to the Canadian Breast Cancer Foundation.

The donations were made ahead of CIBC's Run for the Cure in support of the foundation being held in cities across Canada on Oct. 4. So far 31 people have signed up through the Stonewall branch, including Stonewall employees pictured from left, Mary Lowdon, Shawnee Davis, Janice Carriere and Branch Manager Darlene Richardson, to take part in this year's run in Winnipeg. To sign up for the run or to make a donation in support of those participating visit CIBC in Stonewall at 356 Main Street.



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