

Society Name: X Mental Health Connection Society

President's Name: Emma Truffyn
Contact: x2014hrd@stfx.ca

Description:

The X Mental Health Connection Society aims to provide mental health support and awareness in the StFX and Antigonish communities in two ways. First, we hold fundraiser events. The funds from these events go to groups in the Antigonish community that provide support for individuals living with mental illness. Second, we work to raise awareness and reduce the stigma of mental illness by holding mental health awareness events.