

Programme

HORS

PISTE

Anxiety disorders are among the most common mental illnesses that emerge early in a child or youth's development and bring about challenges that can worsen over the course of their life.



The Approach (What we do)



Develop the **HORS-PISTE program** that aims to develop and promote psychosocial skills in the short-term



Implement the **HORS-PISTE Exploration** component for universal prevention, targeting all Secondary students



Implement the **HORS-PISTE Expedition** component for students who continue to be vulnerable after participating in the Exploration component

The Outcome (The difference we want to make)



Secondary students are supported in the development of their psychosocial skills (e.g. adapting and managing stress and demonstrating empathy)



Symptoms related to anxiety or mood disorders **are prevented**

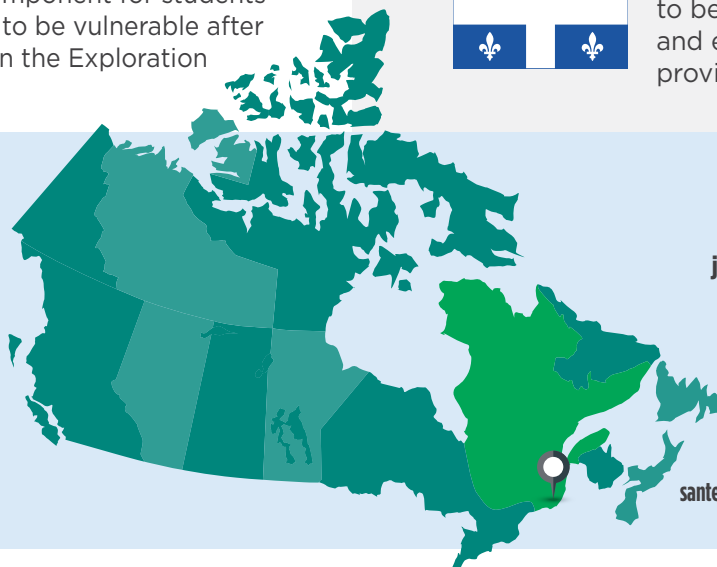


An improved HORS-PISTE program is co-created and able to be consolidated, implemented, and evaluated throughout the province of Quebec

Where We Are

Sherbrooke, Quebec

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The MHP-IF projects are supported by a Knowledge Development and Exchange Hub for Child and Youth Mental Health Promotion. **You can learn more about this project, the KDE Hub and all 20 projects at kdehub.ca.**



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