

Something On Your Mind?

MENTAL HEALTH IS PART OF EVERYONE'S JOURNEY



These steps can help



Did you know?

Everyone has mental health and at some point, everyone struggles with difficult emotions.

Almost **1 in 5** young people live with mental disorders

The most frequently discussed issue during Kids Help Phone counselling sessions is mental/emotional health at **31%**.

WHAT'S GOING ON IN YOUR LIFE NOW?

Thinking about next year?

It's common to worry about the future. Even positive change can be stressful. How will you prioritize your own well-being?

Stigmas, stereotypes, judgments and assumptions

How are other people's judgments and assumptions affecting your state of mind?

Ever notice how we always try to show our best side?

Those social media photos may show your friends partying and vacationing — what you don't see is the times when they feel sad.

WHAT DOES YOUR SUPPORT NETWORK LOOK LIKE?

Parents/caregivers
Siblings
Friends
Guidance counsellor

Coaches
Supportive adults in your life
Doctors
Pets
Teachers

SUPPORTING YOUR MENTAL HEALTH LOOKS DIFFERENT FOR EVERYONE

Working out
(playing sports, doing yoga, etc.)

Reading
Watching your favourite TV show or movie

Going for a walk
Being in nature
Writing in a journal

Painting

Hanging out with your friend

Listening to music

Taking some time to yourself

Walking your pet

*HINT— it doesn't have to mean talking!



IF IT GETS DIFFICULT...

Remember there is **HOPE**:
Share the load - talk to a safe adult

What choice will keep your friend safe?

Put the friend before the friendship!



YOU'RE NOT ALONE

Who is a safe adult in your life?

How could you talk to a safe adult about your mental health and well-being? What would you say?

How could you talk to a friend about your mental health and well-being? What would you say?

WE'RE HERE TO LISTEN

Kids Help Phone:
Call 1-800-668-6868
Chat at KidsHelpPhone.ca
Text 686868

PUT KIDS HELP PHONE'S NUMBER IN YOUR CELLPHONE:
1-800-668-6868

FOR MORE INFO VISIT:
KidsHelpPhone.ca