

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%.

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?

WHAT'S GOING ON IN YOUR LIFE NOW?

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, stressed or down.

WHAT DOES YOUR SUPPORT NETWORK LOOK LIKE?

Parents/caregivers
Siblings
Friends
Cousins
Co-workers
Guidance counsellor

Coaches
Supportive adults in your life
Doctors
Pets
Teachers

SUPPORTING YOUR MENTAL HEALTH LOOKS DIFFERENT FOR EVERYONE

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

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



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 us: 1-800-668-6868
Connect: [Live Chat counselling »](#)
[Always There app »](#)

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

FOR MORE INFO VISIT:
KidsHelpPhone.ca