



HASTINGS PRINCE EDWARD  
**Public Health**

# Mental Health and You

**For Grades 9-12**

By: Healthy Schools Team

January 2021

Source: School Mental Health Ontario

[hpePublicHealth.ca](http://hpePublicHealth.ca)

## Presentation Overview

- About mental health
- Signs to watch for
- Asking for help
- Helping a friend
- Staying well
- Coping with stress

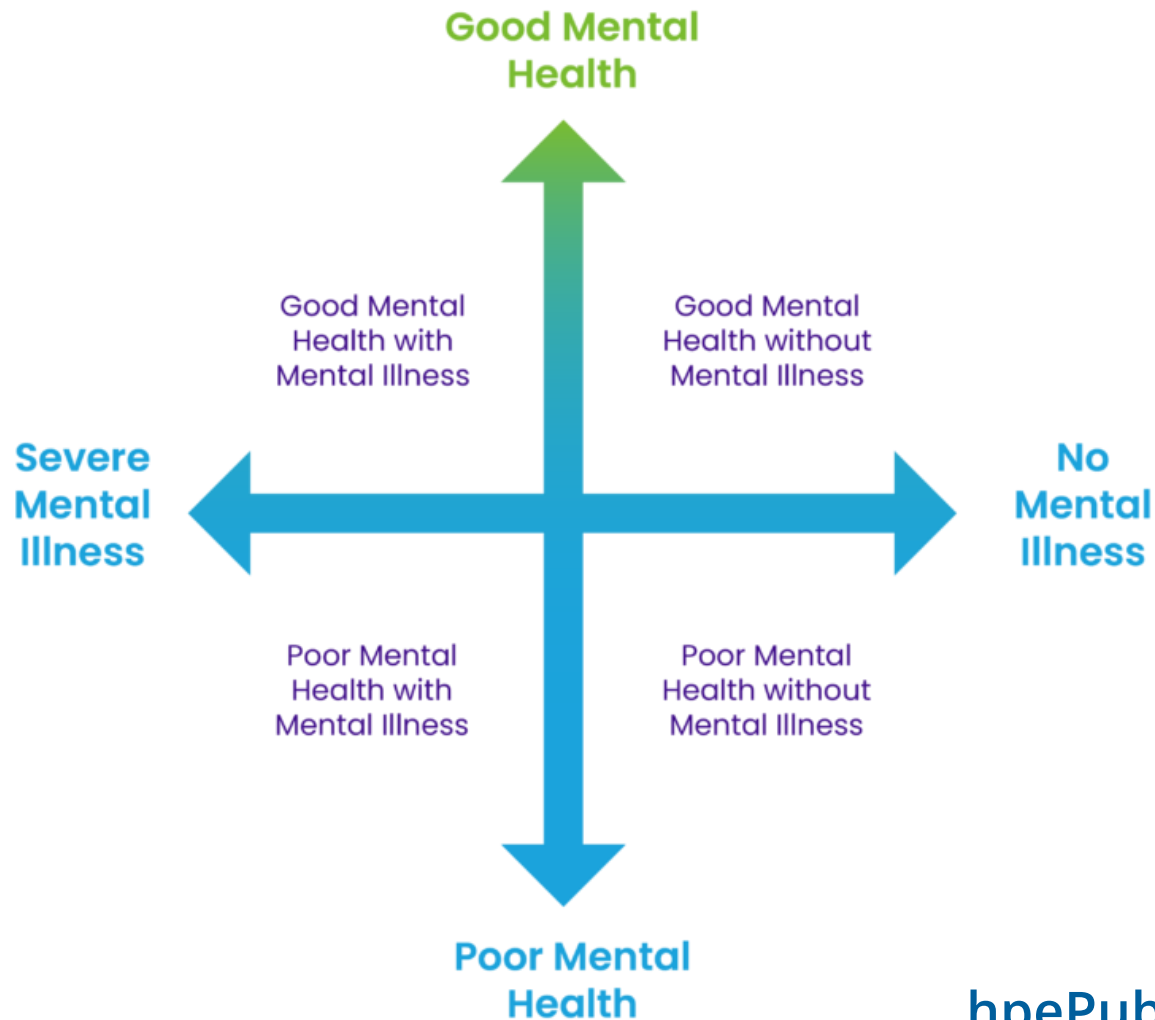
## About mental health

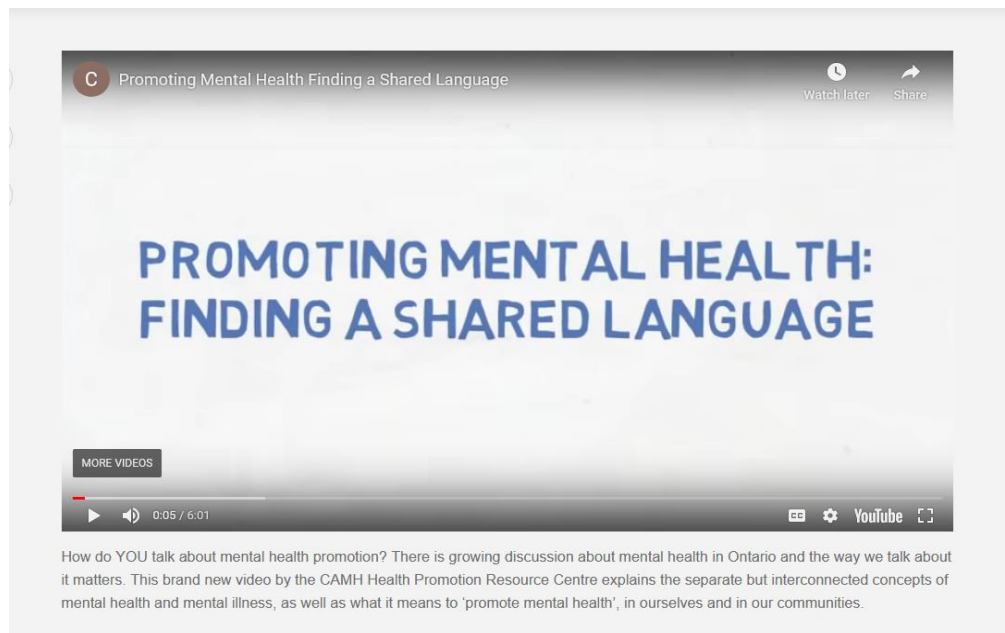
“Mental health is a positive state of wellness and flourishing.”

“It allows us to enjoy life, manage changes and challenges, do well in school and at work, and contribute to the world around us.”

School Mental Health Ontario

# Mental Health and Mental Illness





<https://mindsconnected.ca/resource/promoting-mental-health-finding-a-shared-language/>

## Signs to watch for

Examples:

- frequent irritability
- outbursts of anger or distress
- feelings of anxiety and panic
- avoiding school, declining grades, low motivation
- use of drugs and/or alcohol
- withdrawal from family or friends
- changes in eating and sleeping

## Asking for help

Should I ask for help?

- Is how I'm thinking, feeling, or acting:
  - Different for me? A change from how I used to be?
  - Affecting my everyday life negatively?
  - Lasting for some time, like more than a couple of weeks?
- Am I dealing with my problems in unhealthy ways?
- Am I carrying too much by myself?

## Asking for help

### Conversation Starters

I haven't been feeling well lately and I think I need some help.

Do you have a minute?

I don't know if you can help me but I'm worried about something.

I was hoping I could talk to you about something.

I need help with something. Can we talk?



## Where to get help

### Mental health emergency

- Call 911
- Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

### Need help but not in crisis

- talk to trusted adult (parent, teacher, guidance counsellor etc.)
- School Social Worker
- Kids Help Phone
- [Be Safe App](#)

## Helping a friend

Your main job:

- Be there to listen
- Notice changes
  - The [Golden Rules](#) from Bethere.org
- Support them to get the help they need

## Staying well

- Get enough sleep
- Drink water and eat well
- Limit screen time
- Prioritize your healthy relationships
- Be active
- Try mindfulness activities



## Staying well

### Social emotional skills

- Identify and manage emotions
- Cope with stress
- Stay positive and persevere when things are difficult
- Build and keep healthy relationships
- Understand your self
- Engage in critical and creative thinking

### SMHO Videos

<https://smho-smso.ca/students/learn-more/understanding-social-emotional-learning/>

## Coping with Stress

Self-care activities plus...

- Reducing Stressors
  - Problem solving
  - Organizing
  - Changing reactions
- Coping with Stress
  - Positive thinking
  - Asking for help
  - Lifestyle changes
  - Coping strategies



## Wrap up

### Reflection

- Was there anything in the presentation that made a big impact on you? Why?
- What were the most important things you learned?
- Are there other things related to mental health that you would like to learn more about?

Be curious!

# QUESTIONS?

Thank you 😊