

**MIND
YOUR
MOUTH**

Inspiring Youth,

Empowering Youth



Take a step into this
garden and breath the
beauty, once nourished
with tears but now tended
with love, take a step
into this garden and see
the beauty of our hearts.

-G.P.



A **NOTE** FROM YNRA

Not to spoil the ending for you,
but everything will be okay.

WELCOME

to the zine

This ZINE project, "Mind Your Mouth" is advocating to change the language we use when talking about mental health in our everyday lives. By changing the way we speak, we can reduce stigma and encourage mental wellness!

Youthnet's Youth Advisory Committee opened up this project to the community in order to incorporate a wide variety of youth and their creations. We recieved a huge amount of youth-made artwork.

**MIND
YOUR
MOUTH**

We hope to bring a sense of understanding and knowledge to the language that we use in regards to mental illness. We want to inspire people to be more aware of the terms they use. Join our cause, or find one of your own!

STIGMA

A strong feeling of disapproval that most of people in society have about something, especially when this is unfair.



Mental Wellness

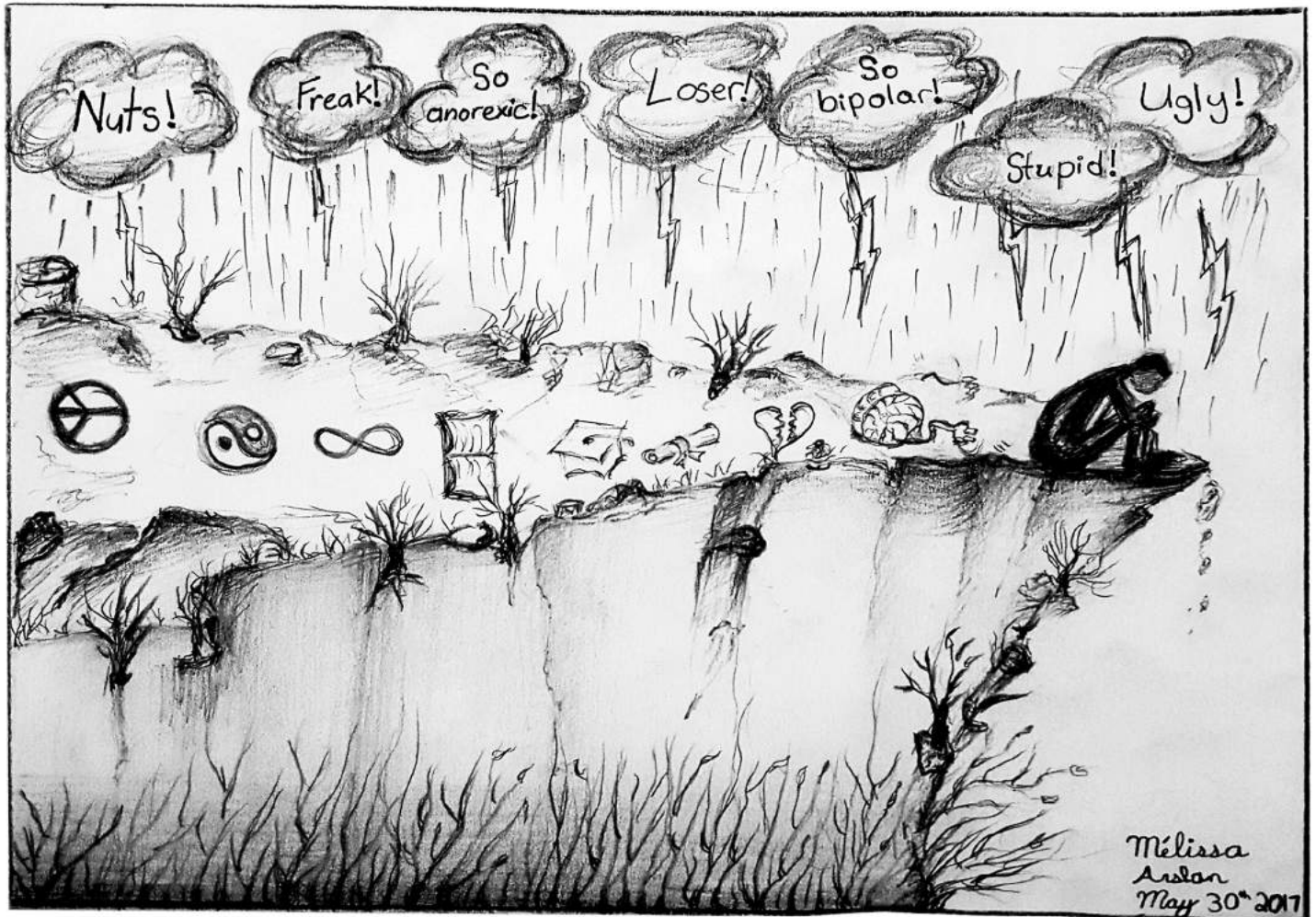
Mental wellness is having a balance and understanding your emotions, like a rainbow where each colour has its place and compliments one another.

- G.P

...Disclaimer...

This piece, in order to bring light onto the topics of mental wellness, illness and the stigma around it, includes content created by youth which may include potentially upsetting themes.

THE STIGMA



Mental illness is nothing to be ashamed of, but stigma and bias shame us all.

Bill Clinton



Down in the moonlight wonder
The light upon my skin
The essence from my soul
Brought from within
I am the wicked owl
Happy as can be
I fly through the world
Loud and carelessly free

I am the ocean
Rushing with all its might
I am the power of a thousand sunsets
That have set my soul alight the

Rush of the wind
The chirp of the moon
The butterflies that break free from its cocoon
We move together and we demand to be heard

Because we are the earth, for we will stay loud and carelessly pure

Feeling disorganized? Make a 'To Do' list



Release your emotions! Scream or cry your heart out

Worn and Tired

"Wow! You're so organized! Do you have OCD?"
As a matter of fact I do.

I wash my hands until they bleed (at least 6
times),

Just to make sure that there are no
nasties on me.

I don't sleep at night,
I do every chore around my house every hour,
Make sure everything is proper and right.
(Someone forgot to put the mug back at work
the other day.)

I can't have anyone at my home,
I can't seem to bring myself to throw things
away,
Perhaps I'll need it sometime in the distant
future

Sometimes I forget to eat,
I could gain weight,
Then it wouldn't be an even number
anymore.

I never lose the other pair to socks,
If I do,
I burn the remaining pair.
(What good is a pair if they aren't a pair?)

I'm often times late for work,
Because I can't get out of the house
until the clock strikes an even number.

My bookshelf is divided into sections.
Size comes first,
Then colour,
Then author.
(Snapped at my mother when she put one back in
the wrong place.)

My friend came to me crying once,
And all I could think about was that she needed to
wash that shirt,
Whether or not she watered those plants,

It's bad,
I can tell.
But I don't know how to stop it.



STANDING UP TO STIGMA

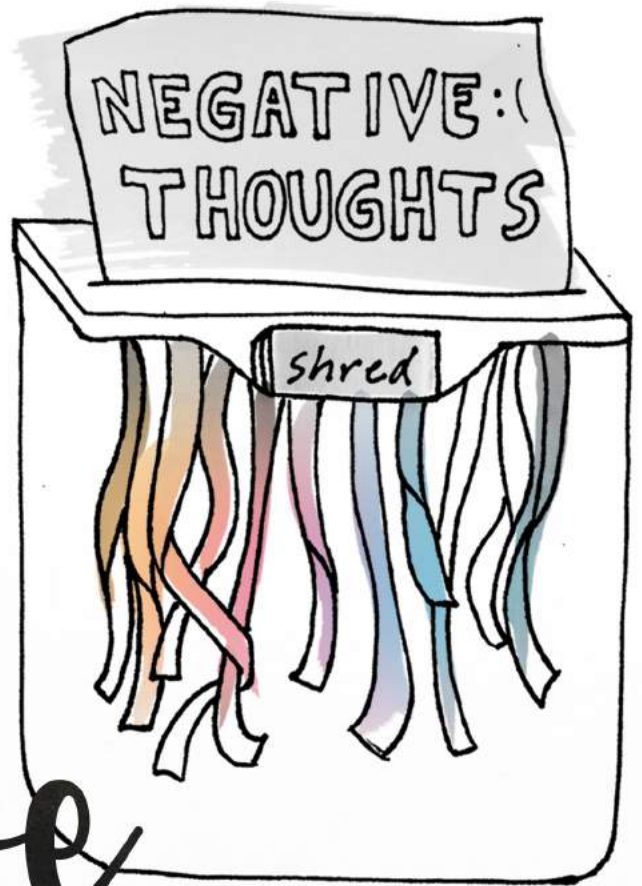
All my demons
greeting me as friends



Be creative! Create your own art, whatever the format

Express your thoughts in a journal

*let it happen
and
let it go*



GROW Positive THOUGHTS



create
your
own
sunshine

Do what makes you happy!

Tough times
don't define you,
they refine you.

Hold
On

Bro talk

A SUPPORT ZONE
FOR TEEN GUYS

I ♥
YouthNet

Mental Health...
I talk about it!

No matter what people
tell you, words and ideas
can change the world
- Robin Williams

the best view
comes after the
hardest climb

Be Silly! Dance with your socks off

Be Strong

Healing Relax
Extraordinary Learn
Diversity Imagination **People**
Perseverance Calm **YOUth Week**
Namaste Openness Exercise Goals
Cooperation Mindfulness Energy
Involvement Breathe Dedication
Communicate Enjoy Happiness
TrueSelf Fitness Motivation **Joy**
Play Appreciate Believe
Dare2Dream Leadership
Acceptance Resilience
Listen
Kindness Creativity Dream
Courage Teamwork
BellBruins



Life seems hopeless? Make a list of the positive things in your life

Clean your room, a clean environment is ideal for happiness



CONTRE
STIGMATISATION

THE **LIQUID GOLD**
IN MY VEINS IS NOT DULLED BY THE
NEGATIVE THOUGHTS YOU
ENFORCE UPON ME

-R.W



Listen to your Favourite Music

I told her once I wasn't good
at anything. She told me survival is a
talent.



List the things you love about yourself

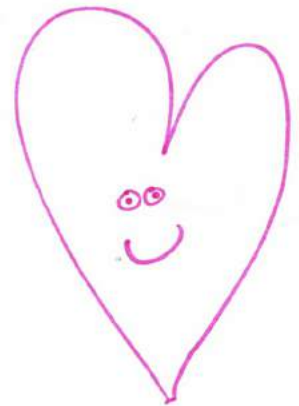
Unplug! Take a break from electronics

#WEAREHERE

Shout Out

to Caroline, the creator of
Supress Supremacy and the
creators of "We Are Here" for
giving us the inspiration to
create this for you. Thank you
to all the contributing
artists!

Supress
Supremacy



April 2017 • Mental Illness • Proceeds to *Ancora*

WE ARE HERE

A zine dedicated to
ethno cultural
youth
facing mental health.

#WEHAVEA VOICE

Created by Ottawa Youth

Love,
Willow, Nicole,
Jasmine, Wader, Louis,
Sudesh, Adriana, Komill,
Sumaiya, and Emily.



INSIDE YOU THERE IS THE
STRENGTH TO BALANCE YOUR
CULTURES,
ASK FOR WHAT YOU NEED,
CREATE COMMUNITY,
AND HEAL.



GROW YOUR GLOSSARY



Hi guys :) As everyone knows, each and every one of us make *mistakes* from time to time...

This group chat is a thesaurus to help improve your vocabulary when we dicuss mental illnesses.



The weather is so bipolar.

erratic ×

such a bad day ×



Today is so depressing... We didn't even get to go to the mall...



upset ×

I'm so depressed...I think I just failed my exam.



Omgs! You colour code all your markers, that's so OCD ...

organized ×



That's so retarded.

ridiculous ×



He's all over the place, he's so schizo.

disoriented ×



What a schizo!

Unacceptable ×



Add your own!



add your replacement!



_____ ×



DO YOU NEED SOMEONE TO TALK TO?

Crisis

YSB Chat/Cell

24/7 Crisis line: 613-260-2360
2675 Queensview Drive
Ottawa, ON
Info@ysb.ca

Kids Help Phone

1-800-668-6868
<https://Kidshelpphone.ca>



24/7



HOURS: THURSDAY-SUNDAY
4 p.m. TO 10 p.m.



Housing and Shelters

City of Ottawa

613-560-6000
110 Laurier Avenue West

YMCA-YWCA's Housing & Support Services

613-788-5063
180 Argyle Ave.

YSB

2675 Queensview Drive
Ottawa, ON



no (free & appointments)

Walk-ins and Free Counselling

CFS/SFC

310 Olmstead St.
Ottawa ON
(613) 233-8478

www.cfsottawa.ca

JFS Ottawa

300 - 2255 Carling Ave.
Ottawa ON
(613) 722-2225

www.jfsottawa.com

FSO/SFO

312 Parkdale Ave.
Ottawa ON
(613) 725-8601

www.familyservicesottawa.org

KIND

address: 222 Somerset Street W,
Suite 404

phone: (613) 563-4818

email: welcome@kindspace.ca

Centre and hours:

- hours: Mon - Fri: 9:30am - 9pm
- Closed weekends and holidays

"We believe everyone
on the human sexuality
and gender spectrum
should be celebrated and
supported."



bout it
parle

Mental Health, I talk about it
Santé Mentale, j'en parle

Youth Net Réseau Ado
2305 St-Laurent Blvd. Unit 300B
Ottawa, ON (613) 738-3915
youthnet@cheo.on.ca

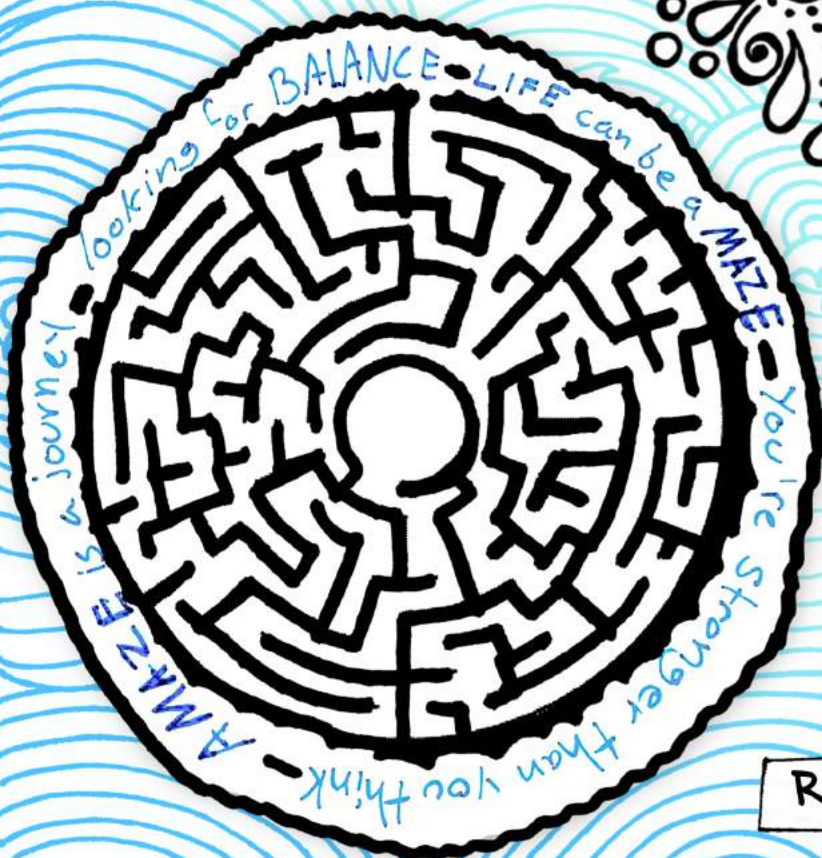
YNRA
YouthNet RéseauAdo



FUN PAGE

It's estimated that 1 in 5 Canadians will experience a mental health issue throughout their lifetime.

Reduce negativity!
Watch a movie that makes you happy



Reduce stress: Try meditation

Help evaluate the ZINE

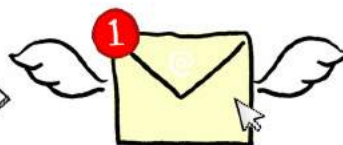
FOR THE CHANCE TO WIN A PRIZE!!



1-Tell us how much you agree with the following sentences?



2-Take a picture



3-send to
youthnet@cheo.on.ca



Strongly Agree
(SA)



Agree
(A)



Neutral
(N)



Disagree
(D)



Strongly Disagree
(SD)

I learned more about stigma?

I'm more aware of mental health resources?

I'm more likely to use one of the resources

I think the ZINE is youth friendly?

Anything to add or change?

What did you learn after reading the ZINE?

SA	A	N	D	SD
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Mind your mouth

...and we'll mind ours ☺