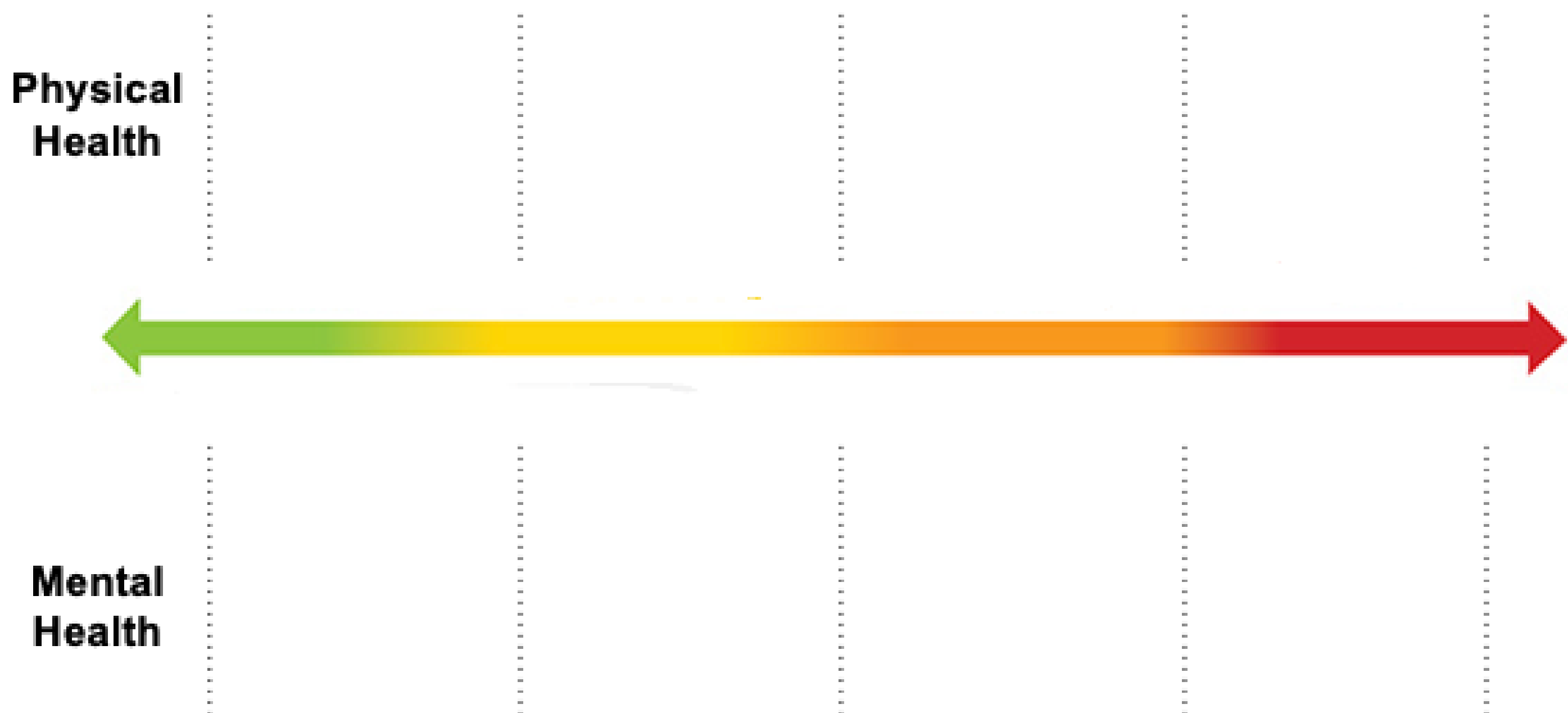


**Overview:** Use this worksheet to follow along while participating in YNRA's *Wellness 101 Live Virtual Workshop* OR challenge yourself to learn more and deepen your understanding afterwards.

## PART A: Understanding Mental Health

**Instructions:** Below is what we call the *Wellness Spectrum*. It shows us that health is much more complicated than just good or bad, sick or healthy, etc.,. As we are all unique individuals, health also looks different for different people. Fill in the spaces across the spectrum below based on how YOU would feel in each zone (e.g., one person's "green day" might look like getting up early, feeling really energized, and going for a morning run, while another person's might look like just making it to class on time, seeing their friends, and remembering to pack a lunch, etc.,).



### Reflection:

- What are some factors that impact your mental health *positively* (i.e., things that could move you towards the green zone)?

- What are some factors that impact your mental health *negatively* (i.e., things that could push you towards the red zone)?

- Who could you *go to for help* if you or a friend was in the orange or red zones?

## PART B: Understanding Stigma

**Instructions:** Check out the following *Myths and Facts* about mental health. Feel free to discuss them with others before making your choice!

Statement	True or False
1. Everyone has “mental health”.	
2. Mental health and physical health are unrelated.	
3. You can always tell by the way someone looks or acts that they are experiencing a mental health issue.	
4. Taking care of one’s mental health is just as important as physical health.	
5. Someone living with a mental illness can still be mentally healthy.	
6. Many youth do not reach out for help because they don’t know where to go.	
7. People struggling with their mental health are just looking for attention and could just snap out of it if they wanted to.	
8. Asking for help with my mental health means that I am weak.	

\*\*\*Think you got 8/8 correct?! We'll be posting a new facts about mental health on our Instagram stories, so follow us on social media @CHEOyouthnet to find out more!\*\*\*

**Discussion:** It's important to understand the reasons why we tend to treat mental health differently than physical health and why it can be harder to talk about and reach out for help. Discuss with your peers:





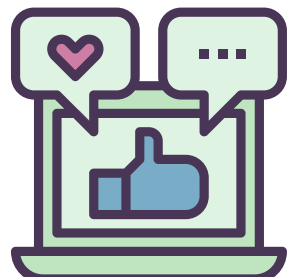
- What is stigma?
- How could stigma make it more difficult for someone to reach out for help with their mental health?
- What are some ways that we can all reduce the effects of stigma?



## PART C: Self-Care Check-in Challenge

**Instructions:** We challenge YOU to create your very own **Self-Care Bingo Sheet** and to do as many things as you can on it over the next week! Need some inspiration? We've filled in a few, but use the questions below to think about what else matters for YOUR self-care:

- How is my body feeling? What would make me feel calm, relaxed & balanced? (*physical*)
- What are some emotions I'm feeling? How can I better understand & manage them? (*emotional*)
- How can I set myself up for success this week? (*practical*)
- Who do I need to reach out to to make this week awesome or just get through? (*social*)

		Went on a long walk 		Tried something 
Listened to my body 		FREE SPACE DO NOTHING!		
			Put away phone 1hr before bed 	
	Checked in on a loved one 			

\*\*\*Post your own Self-Care Bingo sheet & tag @CHEOyouthnet on Instagram for a chance to win a prize!\*\*\*

Check out [ynra.ca](http://ynra.ca) for more tips & tricks on mental health maintenance & to sign up for our virtual programs (for ages 13-20)! Email [ynra@cheo.on.ca](mailto:ynra@cheo.on.ca) for more info.

## PART D: RESOURCES



## COVID-Safe Resources:

Now, more than ever, it can be **hard to find resources** that are available to help, whether you need access to mental health services, a new peer support group, or someone to just **TALK** to!

That's why we've created this **handy-dandy** list of updated resources/contacts that are still ready and excited to meet **YOU!**



### CounsellingConnect.org

- Free phone/video counselling sessions, no waitlist, multilingual



### YSB: [ysb.ca/services/ysb-mental-health](https://www.ysb.ca/services/ysb-mental-health)

- Mental health, employment, housing, 24/7 online crisis chat & more; For youth ages 12-18



### 24/7 Crisis Line: 613-260-2360



### 1Call1Click.ca

- Makes it simple to find mental health & addiction care that's right for you; For children, youth & families



### BeSafeApp.ca

- Find local resources for support, create a safety plan & be prepared if you find yourself in a crisis



Check out [www.ynra.ca](https://www.ynra.ca) for more tips & tricks on mental health maintenance & to sign up for our virtual programs or email [ynra@cheo.on.ca](mailto:ynra@cheo.on.ca) for more info.

## PART D: RESOURCES



Who can we reach out to if we need help?

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### Counselling Resources:

**CounsellingConnect.org**

- Free phone/video counselling sessions, no waitlist, multilingual

**Walk-in Counselling Clinic**

- Support for Life's Challenges
- Free Counselling Services
- No Appointment Necessary
- Trained Professional Counsellors

### Addiction and Substance Abuse:

• **Rideauwood Addiction and Family Services**

- Focus on substance abuse, behavioural addictions and mental health & addiction
- For ALL ages - youth, young adults, adults and parents and families
  - Visit [rideauwood.org](http://rideauwood.org) OR call 613-724-2881 for more information

• **Le CAP (Centre d'Appui et de Prévention)**

- Mental Health and addiction services for Francophone individuals and their families
- Visit [centrelecap.ca](http://centrelecap.ca) OR call 613-789-2240 OR **call their crisis line at: 1-877-377-7775**

### 24/7 Crisis Lines:

• **YSB Crisis Line**

- For youth aged 12-18
- Can also help with employment services, housing and more!
  - Visit [YSB.ca](http://YSB.ca) OR call 613-260-2360

• **Youth Line**

- For LGBTTTQQ2SI+ youth
- Text and chat services available
  - Visit [youthline.ca](http://youthline.ca) OR call 647-694-4275

• **First Nations and Inuit Hope for Wellness Helpline**

- Provides immediate help to those who identify as having Indigenous heritage and provides access to counselling and crisis intervention
  - Call 1-855-242-3310 or online chat at [hopeforwellness.ca](http://hopeforwellness.ca)

### General Youth Resources:

• **Ottawa Public Health**

- Provides public health programs and services to those of all ages
  - For sexual health, substance abuse & addictions support

Check out [www.ynra.ca](http://www.ynra.ca) for more tips & tricks on mental health maintenance & to sign up for our virtual programs! Email [ynra@cheo.on.ca](mailto:ynra@cheo.on.ca) for more info.