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’s going on in your life now?

Put the friend before the friendship!

Put kids help phone’s number in your cellphone:
1-800-668-6868

For more info visit:
KidsHelpPhone.ca

SUPPORTING YOUR MENTAL HEALTH LOOKS DIFFERENT FOR EVERYONE

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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

Listening to music
Taking some time to yourself
Walking your pet

WHAT DOES YOUR SUPPORT NETWORK LOOK LIKE?

Parents/caregivers
Siblings
Cousins
Friends
Co-workers
Guidance counsellor

Coaches
Supportive adults in your life
Doctors
Pets
Teachers

IF IT GETS DIFFICULT...

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

What choice will keep your friend safe?

WE’RE HERE TO LISTEN

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

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Something On Your Mind?

MENTAL HEALTH IS PART OF EVERYONE’S JOURNEY

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

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 is a safe adult in your life?

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

How would you say?

Who is a safe adult in your life?

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

What would you say?

Stigmas, stereotypes, judgments and assumptions  How are other people’s judgments and assumptions affecting your state of mind?

WHAT'S GOING ON IN YOUR LIFE NOW?

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

What would you say?

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