



Allied Youth

Let's Talk about Mental Health

We all know that sometimes we feel great, and other days we feel a little blue. What's important to remember is that we ALL have mental health and we can ALL take care of ourselves with the right resources and help. Mental health is about our thoughts, feelings, and behaviours, which kind of encompasses everything. Mental health is different from mental illnesses, which are clusters of symptoms that are diagnosed and treated by professionals.

During particularly stressful times in our lives, we may start to notice that we struggle more with our mental health. Exams, Post meetings, Community projects, hanging with friends, sports, arts, life can be busy busy busy for us AYers. During these times, we can do a few things to take care of our mental health, to keep us healthy and feeling like ourselves. Here are some tips to keep in mind

- Do some self care! It doesn't have to be a fancy bubble bath with candles (but it can be), sometimes it's as simple as getting enough nutrition, getting some sleep, or hanging out with our friends.
- Practice some self compassion. Self compassion is about being kind to ourselves. Try talking to yourself like you would talk to your best friend, you may notice that we tend to be more kind to others than ourselves.
- Know your limits. If things are a bit too much right now, it is super important that you reach out for some help. If you had a bad cold, you'd probably see a doctor, so why not see one when you're struggling with your mental health too! A doctor, family or friend, Kids Help Phone, or guidance counsellor are all great places to start

Visit some of the resources within this page to learn more!

Did you know?

¹Nearly 1/5 Canadians struggle with their mental health at any given time during the year



"Self compassion is about being kind to ourselves"

How Does This Affect Our Post?

As a Post, you are a team of incredible youth. To work effectively, we need to take care of our mental health so that we can do all the incredible work that we do

Have a meeting to share this info with the Post, remind everyone about local resources that could be helpful. We don't all need to share stories or talk about anything we aren't ready for, but we can make a safe space where everyone feels comfortable being.

Plan an education session with your peers about mental health, or consider hosting a community fundraiser for various mental health initiatives.

Where Can We Learn More?

¹www.jack.org

www.kidshelpphone.ca

www.thrivecyn.ca

ask the experts >>>

Q: *I live in a rural town with nothing, is there anyone I can reach out to talk with?*

A: *There is always someone to talk to.*

It is great that you're looking to talk about your mental health. Talking about what you may be going through is the first step to finding the help that you need. If you live in a place that has limited access to healthcare services, consider reaching out to a friend, family member, community leader, or guidance counsellor. It's also a great idea to call Kids Help Phone (1-800-668-6868) where a trained professional can chat with you anonymously, 24/7. They also have a new texting service! Check out their website for more. You are not alone, and help is out there.