

STRATEGIES to support mental health

I can use strategies to support my mental health, like:



deep breathing



listening to music



writing in a journal



going for a walk outside



praying



connecting with a friend



doing something I enjoy or am good at

The people, places, and things that help me feel well are...

Free help lines

Kids Help Phone

- Available all day, every day in English, French, and many other languages.
- kidshelpphone.ca
- 1-800-668-6868
- CONNECT to 686868

One Stop Talk

- Available certain hours (not all day, every day) in English and French.
- One hour (by phone or online) with a mental health professional.
- If you wish, parents/caregivers can join you.
- onestoptalk.ca
- 1-855-416-8255

Feeling better can take time. Stick with it! You're worth it.

MY CIRCLE OF SUPPORT

The people, places, and things that support me when I need it

You **deserve** help. Your feelings **matter**. You don't have to do this alone.



School Mental Health Ontario

Santé mentale en milieu scolaire Ontario



WHO could I reach out to?

I could talk to people who care about me and my mental health. They might be:

- a family member
- a faith leader or Elder
- a teacher or other caring staff person at my school
- a doctor or nurse
- a coach or club leader

If I'm not sure who to talk to, I can call or text a free help line.

I could talk to...



WHAT could I say?

There are many ways to start the conversation:

- "Something is bothering me. Can you help me find someone to talk to?"
- "I've been feeling _____ lately and I'm not sure what to do about it."
- "I have a problem I need help with."
- "Can I talk to you about something?"

I could say...



WHEN should I reach out?

If I'm not feeling myself (I feel upset, worried, sad, lonely, angry...), I can talk to someone about it. Problems don't have to be big to share them and reaching out early can help problems from getting bigger.

If what I'm feeling is not going away, and getting in the way of my life, it's important to ask for help.

If it's an emergency (I am, or someone else is, about to be hurt or there is some sort of danger), I need to ask for help right away. I can:

- Find an adult I trust who is available right now.
- Contact Kids Help Phone. If I'm not sure it's an emergency, they will help me decide what to do.
- Go to the emergency room of the nearest hospital.
- Call 911.



Finding the right fit is important. We are all unique! We may choose to talk to different people. We may ask for help in different ways, too.

