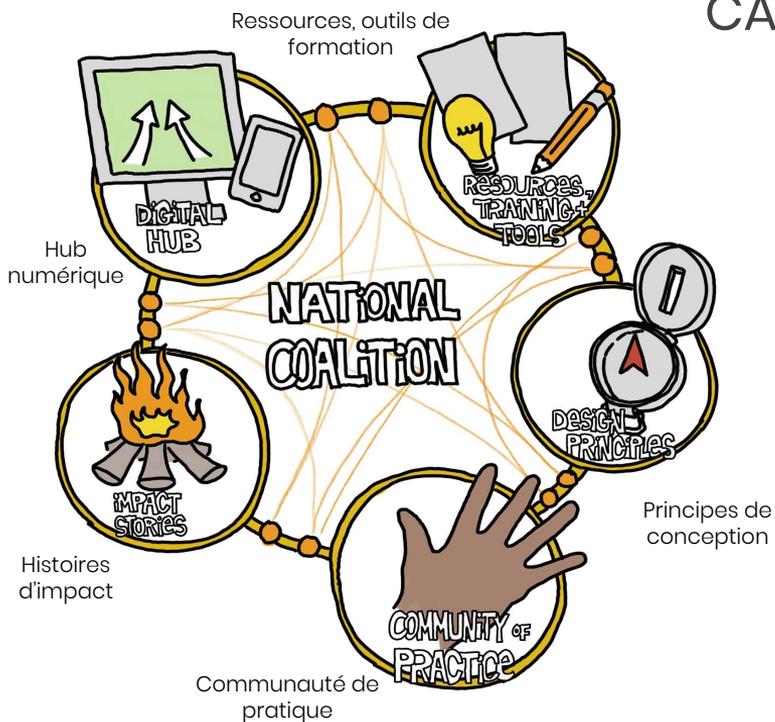


Community Support Professional Learning Webinar Series

Soutien communautaire – série de webinaires d'apprentissage professionnel



CANADA SERVICE CORPS NATIONAL COALITION COALITION DU SERVICE JEUNESSE CANADA



Mental Health Supports for Youth



Introducing our Host and Speaker



Host:
Evan Redsky



Guest:
Carolyn Szturm



Guest:
**Heather
Miko-Kelly**



mindyourmind

Please join us at menti.com and use code: 88 16 0

mindyourmind impacts systems change by increasing the capacity of young people to reach out, get help and give help through the use of technology, engagement and research-informed innovation.



Wellness Tips #mymTips



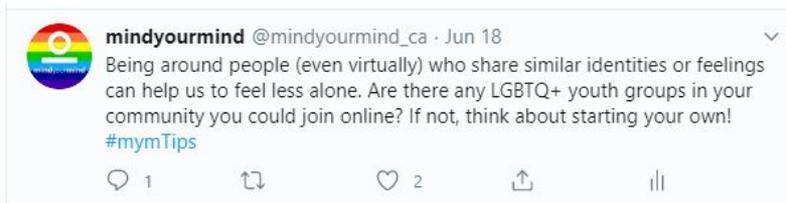
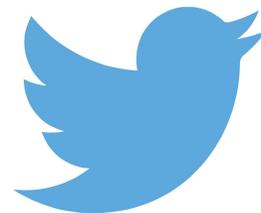

mindyourmind
@mindyourmind_ca

Official profile of mindyourmind, a national, innovative, mental health program for youth and young adults. Located in London, ON Canada.

Worldwide mindyourmind.ca Joined September 2008

12.6K Following 15.6K Followers

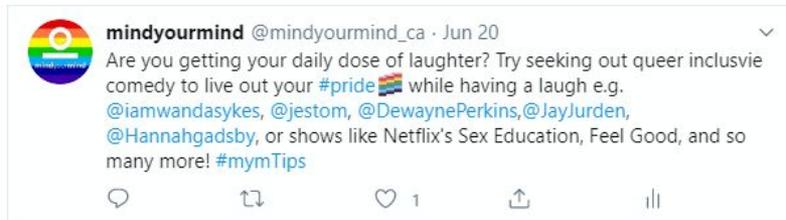
Tweets Tweets & replies Media Likes



 **mindyourmind** @mindyourmind_ca · Jun 18

Being around people (even virtually) who share similar identities or feelings can help us to feel less alone. Are there any LGBTQ+ youth groups in your community you could join online? If not, think about starting your own! [#mymTips](#)

1 2



 **mindyourmind** @mindyourmind_ca · Jun 20

Are you getting your daily dose of laughter? Try seeking out queer inclusive comedy to live out your [#pride](#) while having a laugh e.g. [@iamwandasykes](#), [@jestom](#), [@DewaynePerkins](#), [@JayJurden](#), [@Hannahgadsby](#), or shows like Netflix's Sex Education, Feel Good, and so many more! [#mymTips](#)

1



10

+ astuces pour prendre
soin de soi pendant la
COVID-19

1 Crée une routine quotidienne pour t'aider à passer à travers ta journée. Sois réaliste et flexible! 

 Essaie de te coucher à la même heure tous les soirs et de te lever à la même heure tous les matins. **2**

3 Essaie de ne pas refouler tes sentiments : parle à un ami ou appelle une ligne d'aide. 

 Inclus de petites tâches à ta liste de choses à faire pour t'aider à te sentir en contrôle. **4**

5 Écris cinq choses pour lesquelles tu es reconnaissant. 

 mindyourmind.ca 



10

+ **COVID-19**
+ Self Care Tips +

1 Creating a daily routine will help you move through your day. Keep things realistic and flexible! 

 Try to be in bed at the same time each night, and up at the same time each morning. **2**

3 Try not to bottle things up, reach out to a friend or help line if you need to talk. 

 Include small tasks on your daily to-do list to help you feel accomplished. **4**

5 Write down 5 things that you're grateful for. 

 mindyourmind.ca 

mood.

by  mindyourmind

Track Your Mood

Choose an emoji and colour to track your feelings.

Track Your Sleep

Track your sleep duration each night.

Calendar

View your mood and sleep entries over a month.

Report

Generate a pdf report for yourself and your healthcare provider.



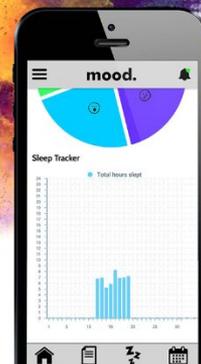
Track your mood in a few simple steps.



Monthly pie chart to summarize your entries.



Track your hours of sleep and look for patterns.

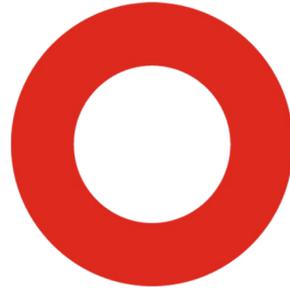




Sometimes you feel alone,
even in a crowd

Find the right resources
at the right time
with Be Safe.

 **Be Safe**
by  mindyourmind



mindyourmind

Please join us at menti.com and use code: 88 16 0

Welcome to Canada

start game

Welcome to Canada is a trivia game co-created with newcomer youth in Winnipeg, MB. In this game, learn about money, jobs, building connections, Canadian social customs, how to cope with change, and planning for the future.

with

Welcome to Canada

Coming to a new country is hard but you are not alone. Reach out for help when you need it. Find info and fun at youthexperts.ca and play the Welcome to Canada quiz game!

Bienvenue au Canada!

Sois toujours fier(e) de toi
Tu es parfaite à ta façon
Tu es l'avenir

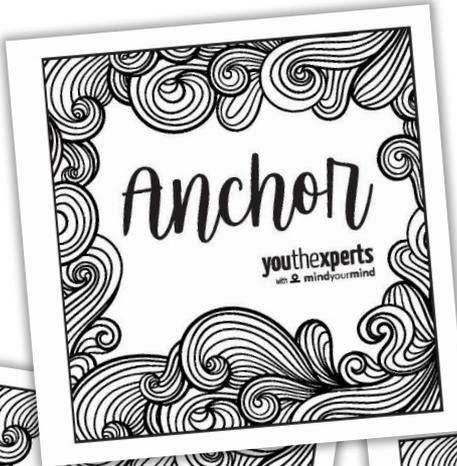
Stabli dans un nouveau pays n'est pas facile, mais tu n'es pas seul.

Demande de l'aide, au besoin. Pour de l'information et des conseils, contacte youthexperts.ca ou au 1-800-387-0808.

مرحباً بكم في كندا!

يحيى بقلبك
أنت المستقبل

المعنى الذي لم يحدث أثير صاحب القلب
لناك وجهك
تواصل للحصول على المساعدة
كندا تحتاج اليك أنت على
معلومات ومساعد على
youthexperts.ca
و الحب أهلاً مستقبلاً من جيلنا في
كندا



Reaching Out

Calling 911 or Crisis Line Script:

- I'm calling because I need help.
- My life is at risk.
- I'm struggling with an issue (describe symptoms).
- I'm under the influence (drugs and/or alcohol).
- I am going to hurt myself.
- I have hurt myself.
- I am going to hurt someone.
- I have something that can cause harm.

Calling Support Line Script:

I'm calling because I need help.

- I need someone to talk to.
- I'm not feeling like myself today.
- I'm struggling with an issue (describe symptoms).

Need help or resources? BeSafeApp.ca FREE on iOS and Android.



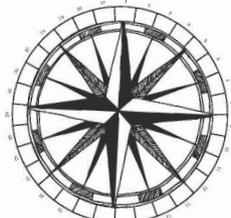
Daily Habits

What are some areas of growth you want to happen in your life? Write three and shade in a box when you accomplish it.



My Moods

Month: _____



<input type="checkbox"/> Fear humiliated anxious dreaded	<input type="checkbox"/> Happy proud hopeful inspired	<input type="checkbox"/> Disgust sick disappointed hesitant	<input type="checkbox"/> Surprise confused fright dismayed	<input type="checkbox"/> Sad lonely depressed ignored	<input type="checkbox"/> Angry frustrated jealous aggressive
---	--	--	---	--	---

HOW'S IT GROWING?

Which type of plant are you?

Discover your place in the garden and learn positive coping strategies by taking this personality quiz.

TAKE THE QUIZ

youthexperts
with mindyourmind

Canada

CANADA SERVICE
Corps



 <p>Be Safe by  mindyourmind</p>	 <p>Wellness</p>	 <p>mindyourmind.ca</p>
	 <p>myToolKit by  mindyourmind</p> <p>Developed by mindyourmind, a program of ConnexOntario © 2020</p>	<p>inspire expression movement themes</p> <p>dance lyrical creativity strengthen transform</p>
<p>On to the Next</p>		 <p>mood. by  mindyourmind</p>
<p>SHARED HUMANITY</p> 		
 <p>Stress</p>	 <p>Stress Vs. Anxiety</p> 	 <p>Substance Use</p>

CSC Mental Health Supports: Needs Assessment Report

by **mindyourmind**

March 2020



Soutien en santé mentale pour le SJC : Rapport d'évaluation des besoins

par **mindyourmind**

Mars 2020



Needs

- The CSC youth demographic (15-29) is more likely to experience mental health issues than other age groups, particularly anxiety, depression, and substance use disorders.
- CSC programs are designed to challenge youth to step out of their comfort zones, but this can also create a lot of stress.
- Frontline staff want more training and support, especially on how to respond to participants' mental health crises, and resources to which participants can be referred.

Recommendations

- Before the program, connect with the participants to discuss accommodations (mental and physical health, spiritual needs, etc.).
- During: Adopt a trauma-informed approach in interactions with youth and check in regularly with youth and staff.
- Provide tangible assistance (phone and computer access, transportation, etc.) for youth to seek help and services.
- Consult with staff to determine what training would best suit their needs. Mental Health First Aid, ASIST, safeTALK
- Build in more flexibility in program activities.

Crisis Lines

National Mental Health Help Lines Crisis Services Canada
1-833-456-4566 or text START to 45645

Kids Help Phone
1-800-668-6868 or text CONNECT to 686868

Indigenous youth: Hope for Wellness
1-855-242-3310

LGBTQ2S+ youth: LGBT YouthLine
1-800-268-9688 or text 647-694-4275

Muslim youth: Naseeha
1-866-NASEEHA (1-866-627-3342) or text 1-866-627-3342

So what can we do...

TRUST THE WAIT.

Embrace the uncertainty.

Enjoy the beauty of becoming.

When nothing is certain,
anything is possible.

MANDY HALE

We are resilient by nature:

- Adaptability/Flexibility
- Gratitude
- Optimism
- Nutrition and Exercise
- Supportive Relationships
- Structure and Routine
- Sense of Control or Mindfulness



mindyourmind

Contact: info@mindyourmind.ca

mindyourmind.ca youthexperts.ca mytoolkit.ca

The image features a horizontal banner with a dark blue background. On the left, there are several parallel diagonal stripes in shades of purple and magenta. In the center, a teal-colored trapezoidal shape is positioned. To the right, a large, solid brown circle is partially visible. The text 'Q & A' is centered in white, bold, sans-serif font, overlapping the teal shape and the brown circle.

Q & A

Thank you! Merci!

Register for upcoming webinars

www.csccoalition.org