Why Mental Health?

ever wonder?
why life seems so intense

Have you ever felt…

stressed by having too much to do?

anxious before a big test?

sad after a big disappointment?

nervous when meeting someone new?
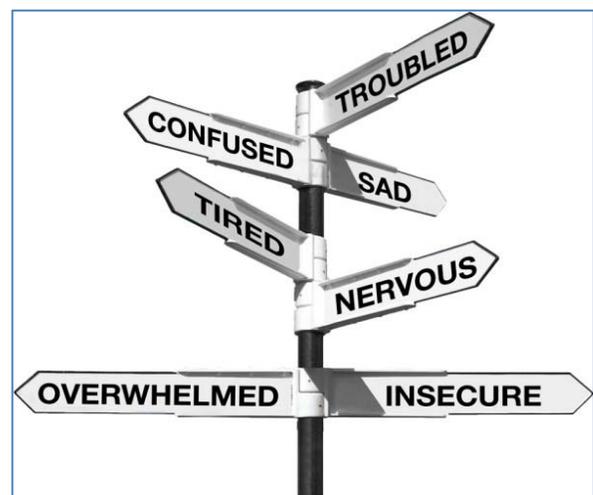
What is mental health?

It's how you:

➤ think, feel, behave

➤ manage the ups and downs of life

➤ feel about yourself and your life

➤ see yourself and your future

It's about how:

➤ stress affects you

➤ you deal with negative things that happen in your life

TROUBLED
CONFUSED
SAD
TIRED
NERVOUS
OVERWHELMED   INSECURE

fraserhealth

coastcapital
SAVINGS

We all experience thoughts, emotions and behaviours – they're part of everyone's daily experience. It's important to know what we're feeling and how we're doing. It's also good to take action when we're not feeling like our usual self.

Our mental health fluctuates over time just like our physical health.
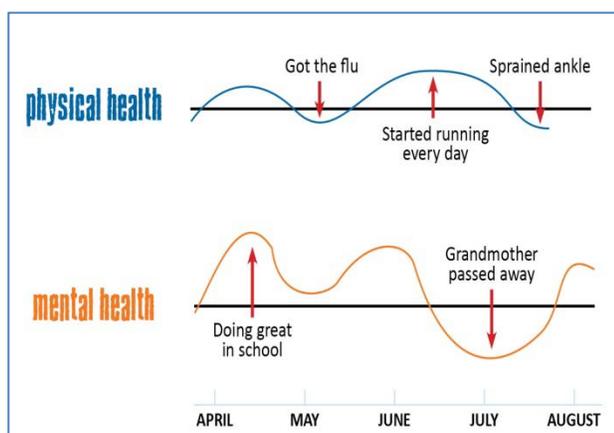
Life events can affect one's mental health. Everyone has times they feel more or less well. It's natural to feel off balance at times – sad, anxious, stressed out. Most of the time, we can manage these, but sometimes they may not go away or start to interfere in our life.

Knowing when what you're experiencing is more than a temporary bad day – recognizing what's going on early is key!
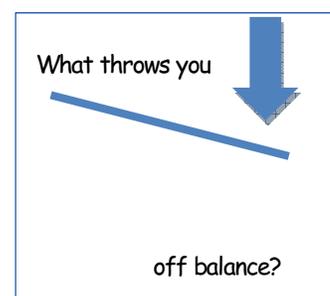
Why learn about mental health now?

➢ 3 out of 4 people who developed a mental health condition had symptoms before 24 years of age.

➢ Recognizing signs early enables one to take action to prevent problems from getting worse

Introducing the website mindcheck.ca

mindcheck.ca is provincial website for teenagers and young adults like yourself to help you better understand what's going on if you are dealing with difficult thoughts, feelings or actions.

mindcheck.ca provides information on common mental health challenges such as depressed mood, anxiety, stress, body image and eating problems, alcohol and drug use problems, and psychosis. Within each section are self assessment quizzes that can help you to know if anything is going on, links to online self care tools and information on how to connect to community resources. There is also a section on how to support friends.

Speak Up @ mindcheck.ca is a section in mindcheck.ca where young people can contribute their ideas, creative works, and experiences to the conversation on mental health.