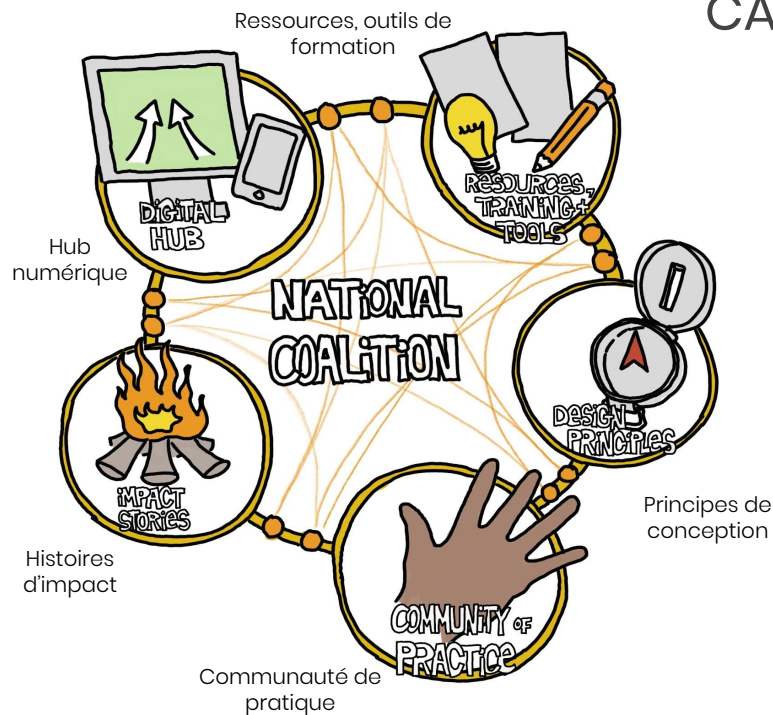


Community Support Professional Learning Webinar Series

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**

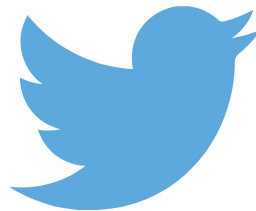


Please join us at menti.com and use code: 88 16 0

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 · 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, @DwaynePerkins, @JayJurden, @Hannahgadsby, or shows like Netflix's Sex Education, Feel Good, and so many more! [#mymTips](#)



1





+ 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



+ 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

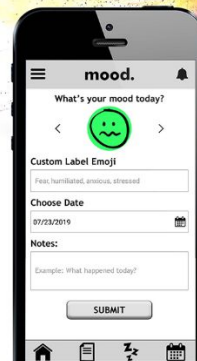
View your mood and sleep entries over a month.

Report

Generate a pdf report for yourself and your healthcare provider.



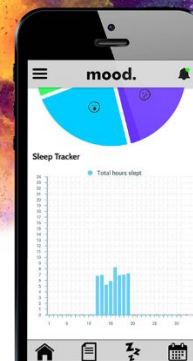
Track your mood in a few simple steps.



Monthly pie chart to summarize your entries.



Track your hours of sleep and look for patterns.



ANDROID APP ON

Google Play



Download on the
App Store





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

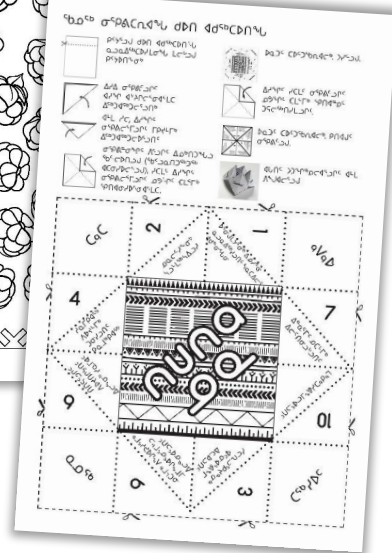
Welcome to Canada

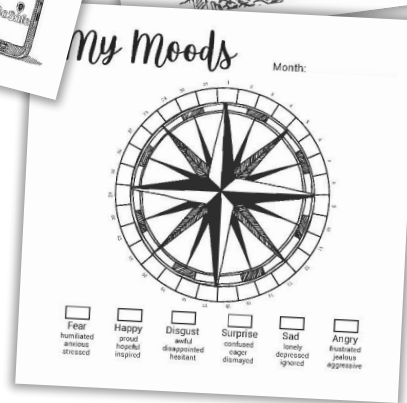
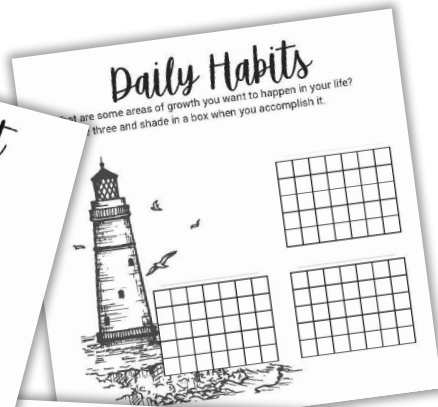
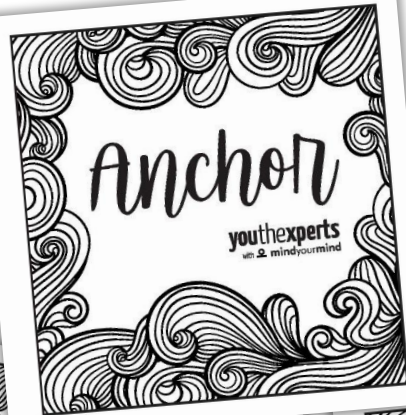
start game

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.



Canada





HOW'S IT GROWING?

TAKE THE QUIZ

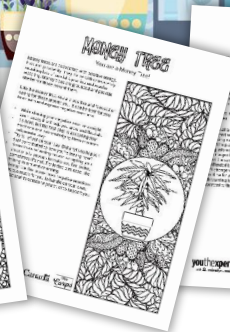
Which type of plant are you?

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

youthexperts
with mindyourmind

Canada

CANADA
SERVICE
Corps





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



Contact: info@mindyourmind.ca

mindyourmind.ca youthexperts.ca mytoolkit.ca



Q & A

Thank you! Merci!

Register for upcoming webinars

www.csccoalition.org