



Health GAB

Facilitation Guide Grouped by Category

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Ottawa Public Health has made every effort to make sure this material is up-to-date and accurate as of June 2024. All information is subject to change without notice. Please visit [School Health Online](#) each year for revisions and updates to this game.

Health GAB Solution	Hints (=definition), Key message and /or bonus points
Category: Building Resiliency	<p>Key message: resiliency is being able to bounce back from things that are challenging. We can all be resilient, but you need to build and practice resilience throughout your life.</p> <p>You can practice being more resilient by:</p> <ul style="list-style-type: none"> • being flexible • taking care of your mental health • developing healthy relationships with others • thinking positively
<p>Resiliency</p> <p>Puzzle: Re silly ant sea</p>	<p>Hint: Able to bounce back and recover from disappointment, difficulty, or change.</p> <p>Bonus point: What can you do to become more resilient?</p> <ul style="list-style-type: none"> • practice “positive self-talk” and thinking positively about yourself • be flexible and open to discussions • make decisions, set appropriate goals and work towards them • take care of yourself; eat well, be active, have fun and get enough rest • spend time with family and friends • get involved with your school and community

<p>Protective factors</p> <p>Puzzle: Poor text hive fact oars</p>	<p>Hint: Skills, strengths, resources, supports and coping strategies which help you to deal with everyday struggles.</p> <p>Bonus points: Protective factors can help to prevent mental health problems. Name two protective factors which promote good mental health.</p> <ul style="list-style-type: none"> • positive values • good coping skills • being flexible • problem solving skills • recognition of achievements • good health • attachment to family and friends • supportive, caring parents/caregivers • sense of belonging • positive peer group • access to support services • participation in your faith-based community
<p>Be assertive</p> <p>Puzzle: Bee as cert it</p>	<p>Hint: Expressing your thoughts, feelings and needs clearly and respectfully. An important communication skill to help you avoid and resolve conflicts.</p> <p>Bonus point: How can assertive communication help you deal with stress?</p> <ul style="list-style-type: none"> • helps to get what you need or want in a respectful and open manner • gives you the confidence to say no thank you and not take on too many tasks/responsibilities • a good way to resolve conflicts with others



<p>Lifestyle factors</p> <p>Puzzle: Lie of sty oil fax tours</p>	<p>Hint: The personal habits or behaviours related to the way a person lives.</p> <p>Bonus point: What are some tips to make positive lifestyle changes?</p> <ul style="list-style-type: none"> • develop positive “Self-Talk” or thinking • deal with your stuff (organize yourself, clean your room, work towards resolving your problems) • participate in a sport or activity you enjoy • be open and ask for help when you need it • surround yourself with people who encourage you, believe in you and support you
<p>Risk behaviour</p> <p>Puzzle: Risk bee have your</p>	<p>Hint: Actions that can potentially threaten your health or the health of others.</p> <p>Key message: Youth is a time of getting to know yourself and facing different social pressures. You may face peer pressure to act in a certain way or to try new things like alcohol, tobacco, or other drugs. Instead:</p> <ul style="list-style-type: none"> • talk with an adult you trust • Learn about the risks of drugs and alcohol • learn about the responsibilities and potential risks of sexual activity • reflect on your beliefs and values • find friends with similar interests and values • support each other • practice ways of saying no such as making an excuse, walking away or suggesting another activity
<p>Prevent serious problems</p> <p>Puzzle: Pray vent sear east pro blames</p>	<p>Hint: Taking steps to keep something from happening or getting worse.</p> <p>Bonus point: We all have emotional pain. It is part of being human. What are things you can do to prevent struggles from becoming problems that are more serious?</p> <ul style="list-style-type: none"> • use assertive communication skills • think about things in a positive way instead of a negative way • accept your feelings, then use positive coping strategies to help you feel better and to solve the problem • use relaxation techniques • share your feelings with others and get help if needed • help and support others through hard times

<p>Healthy relationships</p> <p>Puzzle: Heal thee reel ace shun sheeps</p>	<p>Hint: This includes trust, honesty and good communication with others.</p> <p>Key message: Healthy relationships include mutual respect, trust, support and flexibility. They also consist of:</p> <ul style="list-style-type: none"> • having faith both people are acting in each other’s best interests • comforting and understanding one another • accepting change, in each other’s roles and/or feelings for one another • sharing thoughts and feelings in an open and honest way • arguments and disagreements which are normal, but not a threat of physical power or abusive behaviour
<p>Stress</p> <p>Puzzle: Straw yes</p>	<p>Hint: The mental or emotional strain you go through when times are tough.</p> <p>Bonus point: What are some positive ways of coping with stress?</p> <ul style="list-style-type: none"> • talk with someone • keep a journal • exercise • use relaxation techniques or meditate • get enough sleep • eat well and fuel up • use positive self-talk (positive thoughts to solve a problem)
<p>Peer pressure</p> <p>Puzzle: Pear pray rush yore</p>	<p>Hint: The influence that others have on you.</p> <p>Bonus point: How can you say no in a peer-pressure situation?</p> <ul style="list-style-type: none"> • broken record: repeat the same message over to make your point (“I’m ok, no thanks”) • reverse the pressure: “if you’re my friend, why are you pressuring me?” • make an excuse: “I can’t because: I’m busy, I’m late to get somewhere or I’m allergic” • walk away • say “No” clearly • suggest doing another activity



<p>Physical activity</p> <p>Puzzle: Fish tackle hack divot tea</p>	<p>Hint: Your body in motion.</p> <p>Key message: Spend at least 60 minutes a day being physically active.</p> <p>Being active for at least 60 minutes daily can help you:</p> <ul style="list-style-type: none"> • improve your health • do better in school • improve your fitness • grow stronger • have fun playing with friends • feel happier • improve your self-confidence • learn new skills
<p>Positive self-talk</p> <p>Puzzle: Pause zit shelf tall elk</p>	<p>Hint: The encouraging thoughts you say to yourself in your head.</p> <p>Key message: Positive self-talk takes practice, as our automatic thoughts are often negative. Try pairing some positive coping strategies with positive self-talk to deal with a difficult situation.</p>
<p>Social support</p> <p>Puzzle: So shawl super port</p>	<p>Hint: Feeling part of a group who care for you and value you.</p> <p>Key message: Social support is important for both our physical and emotional health. Sometimes our feelings are so overwhelming and painful that we need to talk to others or ask them for help. Remember others may also count on you for your support as well.</p>
<p>Flexible thinking</p> <p>Puzzle: Flea axe able thing king</p>	<p>Hint: Is the ability to change our thoughts, according to a situation.</p> <p>Key message: Flexible thinking allows you the ability to change from a negative self-talk response to a more positive response.</p> <p>When something goes wrong, the thoughts that pop into your head are called “Automatic Thoughts” or “Self-Talk”. Initial Self Talk is often negative. You may think that people are doing things ‘on purpose’ or are out to get you.</p>



<p>Values</p> <p>Puzzle: Val ewes</p>	<p>Hint: The ideas, beliefs and attitudes which help guide the way you live.</p> <p>Key message: You start to form your values when you are young. Values are often shaped by your family, friends, community and religion. Even though others' values may be different from your own, you still need to respect them and not judge.</p>
<p>Life's struggles</p> <p>Puzzle: Lie fees straw gulls</p>	<p>Hint: Changes and difficulties people might be facing.</p> <p>Bonus point: How do you deal with life's struggles?</p> <ul style="list-style-type: none"> • talk with someone • keep a journal • exercise • use relaxation techniques or meditate • get enough sleep • use positive self-talk (positive thoughts to solve a problem)
<p>Love yourself</p> <p>Puzzle: Law of ye ore salve</p>	<p>Hint: Be happy with who you are.</p> <p>Bonus point: Name two things that you love about yourself.</p>
<p>Category: Coping Skills/Stress Busters</p>	<p>Key message: Coping skills and stress busters are ways a person deals with stressful situations. Using positive coping skills and healthy ways of finding a solution, gets easier with practice. In this category, you will find positive coping skills and good stress busters which can help decrease stress and maintain good mental health.</p>
<p>Be realistic</p> <p>Puzzle: Be realistic</p>	<p>Hint: Having a sensible idea of what can be done or will happen.</p> <p>Key message: There is no such thing as perfect. Take pride in who you are and what you can do. Expecting others to be perfect can add to everyone's stress level.</p>
<p>Use positive self-talk</p> <p>Puzzle: Fuse pop sit eve shelf chalk</p>	<p>Hint: The encouraging thoughts that pop into your head which affects how you feel about things and how you act.</p> <p>Key message: How we think about things affects how we feel and how we act. Sometimes, if we change the way we think about a negative situation, we can feel better and deal with the situation more easily.</p>



<p>Positive coping</p> <p>Puzzle: Paws it eve cope inn</p>	<p>Hint: The things that you do to help you feel better and solve a problem. These strategies are respectful of you, others and property.</p> <p>Bonus point: Name 2 examples of positive coping strategies:</p> <ul style="list-style-type: none"> • talk to a friend or a trusted adult • keep a journal • exercise • use relaxation or meditate • use positive self-talk (positive thoughts to solve a problem)
<p>Catch some ZZZs</p> <p>Puzzle: Cat etch sums ease</p>	<p>Hint: Get some sleep.</p> <p>Key message: Make sleep a priority. When you are tired and have not had enough sleep, it becomes harder to deal with stressful situations.</p>
<p>Laugh out loud</p> <p>Puzzle: Lay off oat load</p>	<p>Hint: Something is so funny you can't help but.... (LOL = laugh out loud)</p> <p>Key message: Laughing helps to relieve stress and to feel good and that good feeling can stay with you even after the laughter stops.</p>
<p>Coping skills</p> <p>Puzzle: Co pink keels</p>	<p>Hint: The strategies used to deal with life's struggles.</p> <p>Bonus point: How do you cope with life's struggles?</p> <ul style="list-style-type: none"> • talk with someone • keep a journal • exercise • use relaxation techniques or meditate • get enough sleep • use positive self-talk (positive thoughts to solve a problem)



<p>Keep a journal</p> <p>Puzzle: Key pie jar urn all</p>	<p>Hint: If you're having one of those days when nothing goes right, try writing about it.</p> <p>Bonus point: How can keeping a journal help?</p> <ul style="list-style-type: none"> • allows you to reflect on what has happened • helps to organize your thoughts • allows you to keep memories • keeps track of your achievements and successes • is private
<p>Deal with your stuff</p> <p>Puzzle: Do eel wit worse tough</p>	<p>Hint: Take action to do something or solve a problem.</p> <p>Key message: Learning to tackle everyday problems can give you a sense of control. Try to look calmly at a problem, figure out some options, and work towards a solution.</p> <p>Bonus point: How do you deal with your stuff?</p> <ul style="list-style-type: none"> • identify the problem • understand and listen to everyone's side • brainstorm possible solutions • solve one problem at a time • have a back-up plan • organize yourself • tidy up your room • use positive self-talk (positive thoughts) • be flexible and change your approach • take a break (but come back) • ask for help
<p>Spend time in nature</p> <p>Puzzle: Spin tie miniature</p>	<p>Hint: Improve your mood and decrease stress by going outdoors.</p> <p>Bonus point: What is your favourite outdoor activity e.g.: Walking, hiking, cycling, canoeing, camping, gardening, photography</p>



<p>Take time to chill</p> <p>Puzzle: Tea ache lime two chew ill</p>	<p>Hint: Giving yourself the opportunity to calm down or relax.</p> <p>Key message: Finding time to relax after (and sometimes during) a hectic day or week can make all the difference in how you feel.</p> <p>Bonus point: How do you take time to chill?</p> <ul style="list-style-type: none"> • do some yoga or stretch • meditate • take deep breaths • take a walk • read a book • sleep
<p>Breathing</p> <p>Puzzle: Brief hing</p>	<p>Hint: Easy to do, can be done anywhere and can help you feel calmer and increase focus.</p> <p>Bonus point: Try box breathing</p> <p>Breathe in – 4 seconds Hold – 4 seconds Breathe out – 4 seconds Hold – 4 seconds</p>
<p>Talk to someone you trust</p> <p>Puzzle: Tall lick two sum won ewe true rust</p>	<p>Hint: Talking out your problems and seeing them from a different view might help you figure out ways to deal with them. You do not have to do it alone.</p> <p>Bonus points: Who are people you can talk with?</p> <ul style="list-style-type: none"> • parent or family member • a good friend • teacher • coach • doctor or nurse • councillor or social worker • a help line or crisis line or chat



Put your body in motion Puzzle: Putt yore boy dean moat shun	Hint: Be active. Key message: Physical activity is a great way to help you deal with stress. It can improve your mood and give you energy.
Negative coping Puzzle: Neigh get heave coping	Hint: Strategies that do not solve a problem and may create more problems. Key message: Negative coping strategies do not restore emotional balance and may make strong emotions (like anger) even worse. May be harmful to you, others or property. Bonus point: Name an example of a negative coping strategy: <ul style="list-style-type: none"> • break something • yell at someone • use alcohol or drugs • punch someone
Have fun with your friends Puzzle: Half un wit ye our fry ends	Hint: Go to the movies, play sports, hang out, spend time together. Key message: Friends can help you see the brighter side of things. Taking a break from thinking about your problems can sometimes make them easier to solve.
Be yourself Puzzle: Be horse wealth	Hint: Happy with who you are. Key message: Enjoy being who you are, feel how you feel and do what you like to do. Avoid feeling pressure from others or the media to change the way you are. Everyone is unique! Everyone is special.
Category: Mental Health	Key message: Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to his or her own community (WHO 2018)



<p>Mental Health</p> <p>Puzzle: Mental health</p>	<p>Hint: Allows us to learn, work, play and find enjoyment in life. It helps us through tough times.</p> <p>Bonus point: What is the difference between mental health and mental illness?</p> <ul style="list-style-type: none"> • Mental health is your state of mental well-being. Good mental health allows you to learn, work, play and find enjoyment in life. It helps you through tough times. • Mental illness is a diagnosable illness where problems with thoughts, feelings or behaviour get in the way of functioning at home, school or work. <p>Everyone feels sad or upset from time to time. However, when these feelings are so strong that it is hard to carry on at school or home there may be a mental health problem and it's important to reach out for help.</p>
<p>Mental Illness</p> <p>Puzzle: Mental illness</p>	<p>Hint: A diagnosis where problems with thoughts, feelings or actions get in the way of functioning.</p> <p>Bonus point: True or False: People with mental illnesses are able to work, go to school and cope with life's struggles.</p> <p>True: Many people with mental health challenges go to work, school, have families and live productive lives. Community support, treatments and positive coping strategies can help people feel happy, healthy and cope with life's struggles.</p>
<p>Therapy</p> <p>Puzzle: Therapy</p>	<p>Hint: The treatment of physical or mental health problems.</p> <p>Key message: There are many different types of therapies. They can be adapted for an individual or done as a group. For example: art, sports, animal therapies, psychotherapy or talking with a mental health provider. Therapies are designed to help you make changes to your thoughts, feelings and actions and work out problems.</p>



<p>Support group</p> <p>Puzzle: Sap port grew hoop</p>	<p>Hint: A group of people who have common experiences or concerns or who provide encouragement, comfort and advice.</p> <p>Key message: Support groups can be an informal get-together of people who share common challenges or can be formal meetings with mental health practitioners. You can create your own with friends by talking about your experiences and supporting one another.</p> <p>Benefits of a support group include:</p> <ul style="list-style-type: none"> • sharing experiences and advice • getting to talk to others who are in the same situation • decreasing your own stress and anxiety • not feeling alone • feeling better about yourself • learning different coping strategies or problem-solving skills • meeting new people
<p>Feelings</p> <p>Puzzle: Feel leans</p>	<p>Hint: Emotions such as joy, sorrow, anger or affection.</p> <p>Key message: By accepting your feelings and using positive coping strategies, you can help yourself to feel better. Sometimes, your feelings may be so overwhelming and painful that you need to talk to others for help and support. By getting help, you can prevent your struggles from turning into more serious problems.</p>



Self-esteem	Hint: How you value, respect and feel confident about yourself.
Puzzle: Healthy steem	Bonus point: How can you improve your self-esteem? <ul style="list-style-type: none">• value your strengths, talents and skills• enjoy what your body can do for you; do physical activity for the joy of it• be realistic• think positively (use positive self-talk)• do not compare yourself to others• wear clothes that express your personal style and that are comfortable to you• if you are feeling down about yourself, talk to someone you trust like a friend, family member or healthcare professional• surround yourself with people who make you feel good about yourself and who support you



<p>Depression</p> <p>Puzzle: Deep rush shun</p>	<p>Hint: When feelings of sadness, loss, anger, or frustration interfere with your everyday life.</p> <p>Bonus point: What are 2 signs or symptoms of depression?</p> <ul style="list-style-type: none"> • a sad, despairing mood that: <ul style="list-style-type: none"> ○ Is present most days and lasts most of the day. ○ Lasts for more than two weeks. ○ Impairs the person’s performance at work, at school or in social relationships. <p>Other symptoms of depression include:</p> <ul style="list-style-type: none"> • changes in appetite and weight • sleep problems • loss of interest in work, hobbies or people • withdrawal from family members and friends • feeling useless, hopeless, guilty or negative or having low self-esteem • irritability • fatigue • trouble concentrating, remembering and making decisions • crying easily • a loss of touch with reality, hearing voices (hallucinations) or having strange ideas (delusions)
<p>Stigmatizing Language</p> <p>Puzzle: Stick mateasing land usage</p>	<p>Hint: Labeling people in hurtful ways.</p> <p>Key message: Person first language describes the person before the disability. For example, instead of saying the mentally ill, say a person with a mental illness. Instead of saying they are OCD, a person with obsessive-compulsive disorder.</p>



<p>Treatment</p> <p>Puzzle: Tree torte meant</p>	<p>Hint: The care given for an injury or illness (including mental health problems).</p> <p>Bonus point: Name a form of mental health treatment</p> <ul style="list-style-type: none"> • relaxation or meditation • medications • various therapies: <ul style="list-style-type: none"> ○ psychotherapy ○ electroconvulsive therapy ○ cognitive behavioural therapy ○ group therapy ○ pet therapy ○ art therapy • counselling • support groups • hospitalization
<p>Symptoms</p> <p>Puzzle: See imp tums</p>	<p>Hint: A sign of a health problem or disease.</p> <p>Bonus point: What should you do when you or someone you care about experiences mental health problems?</p> <ul style="list-style-type: none"> • ask for help from friends, family, and community organizations • ask the other person what you can do to help • refer them to an adult you both trust • find out more about the symptoms or disorder from reliable sources • consider family counselling • seek support for yourself



<p>Help Line</p> <p>Puzzle: He alp lie nice</p>	<p>Hint: Where you can call to talk.</p> <p>Bonus: Give two examples of common help lines that a person can call if they need someone to talk to.</p> <ul style="list-style-type: none"> • 9-8-8 Suicide Crisis Helpline • YSB Crisis line – 613-260-2360 (12-18 years and parents) • Kids Help Phone – 1-800-668-6868 (children, youth and parents) • Good2Talk 1-866-925-5454 (post -secondary) • The Distress Centre 613-238-3311 • Hope for Wellness line (help for Indigenous people across Canada) 1-855-242-3310 <p>All above lines are in English and French and are available 24/7</p>
<p>Anxiety</p> <p>Puzzle: An sigh yeti</p>	<p>Hint: A feeling of worry, nervousness, or unease.</p> <p>Key message: Some anxiety is normal and can even be helpful in life. It can motivate us or warn us of danger. A common myth is even people who experience intense anxiety should just be able to get over it.</p> <p>Strategies and treatments often used include:</p> <ul style="list-style-type: none"> • relaxation and/or meditation • talking with someone • problem solving • seeing your health care professional • medications • therapy • support groups



<p>Seek help</p> <p>Puzzle: Sea eek heal paw</p>	<p>Hint: To get aid for our mental health just like we would for our physical health.</p> <p>Bonus point: Who are people you can get help from for your mental health?</p> <ul style="list-style-type: none"> • parent or family member • a good friend • teacher • coach • faith leader • doctor or nurse • councillor or social worker • YSB Crisis line 260-2360 or Kids help phone (1-800-668-6868)
<p>Community supports</p> <p>Puzzle: Come you itchy sew porch</p>	<p>Hint: Resources you can reach out to when looking for help.</p> <p>Key message: There are many resources available in the community. They can consist of school supports, faith leaders, crisis lines, community centres and more.</p> <p>Bonus point: Can you name an example of a community resource to support you?</p> <ul style="list-style-type: none"> - school supports, - faith leaders, - crisis lines, - community centres, - libraries <p>Crisis lines</p> <ul style="list-style-type: none"> - 9-8-8 Suicide Crisis Helpline - YSB Crisis line – 613-260-2360 (12-18 years and parents) - Kids Help Phone – 1-800-668-6868 (children, youth and parents) - Good2Talk 1-866-925-5454 (post -secondary) - The Distress Centre 613-238-3311 - Hope for Wellness line (help for Indigenous people across Canada) 1-855-242-3310



<p>Take Care of Yourself</p> <p>Puzzle: Ache hair over zelf</p>	<p>Hint: Self-care that can help you build resilience.</p> <p>Bonus points: What are two things that you do to take care of yourself?</p> <ul style="list-style-type: none"> • Go for a quick walk • Talk with a friend • Take a break • Get enough sleep(?)
<p>Category: Helping others</p>	<p>Key messages:</p>
<p>Stereotype</p> <p>Puzzle: Stair rio tip</p>	<p>Hint: An assumption, idea or label about a type of person, group or thing.</p> <p>Key message: You have the power to decide what you do, how you look and what makes sense for you. You can also challenge stereotypes by:</p> <ul style="list-style-type: none"> • speaking out when you see harmful stereotypes • informing media of the need to use more diversity • reflecting on how stereotypes impact you personally • refusing to spread or be a part of any stereotypes



<p>Body Language</p> <p>Puzzle: Bode tea land witch</p>	<p>Hint: Nonverbal communication like gestures, facial expressions, behaviours and posture.</p> <p>Bonus point: Body language can tell you a lot about how someone is feeling. What are examples of body language and what they may mean?</p> <table border="1" data-bbox="508 349 1999 792"> <thead> <tr> <th data-bbox="508 349 1192 393">Body Language:</th> <th data-bbox="1192 349 1999 393">May mean:</th> </tr> </thead> <tbody> <tr> <td data-bbox="508 393 1192 430">Smiling</td> <td data-bbox="1192 393 1999 430">Happy or confident</td> </tr> <tr> <td data-bbox="508 430 1192 467">Frowning</td> <td data-bbox="1192 430 1999 467">Sadness or loss</td> </tr> <tr> <td data-bbox="508 467 1192 505">Arms crossed, clenched fists</td> <td data-bbox="1192 467 1999 505">Defensive or angry</td> </tr> <tr> <td data-bbox="508 505 1192 542">Not making eye contact or looks away</td> <td data-bbox="1192 505 1999 542">Shy, unsure, nervous or feeling guilty</td> </tr> <tr> <td data-bbox="508 542 1192 579">Big rounded eyes</td> <td data-bbox="1192 542 1999 579">Surprised or scared</td> </tr> <tr> <td data-bbox="508 579 1192 617">Fidgeting or clearing one's throat</td> <td data-bbox="1192 579 1999 617">Nervousness</td> </tr> <tr> <td data-bbox="508 617 1192 654">Looking at your watch or drumming of fingers</td> <td data-bbox="1192 617 1999 654">Bored or impatient</td> </tr> <tr> <td data-bbox="508 654 1192 691">Rubbing the eyes</td> <td data-bbox="1192 654 1999 691">Tired or uncertain</td> </tr> <tr> <td data-bbox="508 691 1192 729">Sitting on edge of chair, leaning forward</td> <td data-bbox="1192 691 1999 729">Interested and involved</td> </tr> <tr> <td data-bbox="508 729 1192 792">Open arms or leaning toward someone</td> <td data-bbox="1192 729 1999 792">Open, accepting and welcoming</td> </tr> </tbody> </table>	Body Language:	May mean:	Smiling	Happy or confident	Frowning	Sadness or loss	Arms crossed, clenched fists	Defensive or angry	Not making eye contact or looks away	Shy, unsure, nervous or feeling guilty	Big rounded eyes	Surprised or scared	Fidgeting or clearing one's throat	Nervousness	Looking at your watch or drumming of fingers	Bored or impatient	Rubbing the eyes	Tired or uncertain	Sitting on edge of chair, leaning forward	Interested and involved	Open arms or leaning toward someone	Open, accepting and welcoming
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<p>Be respectful</p> <p>Puzzle: B rest peck full</p>	<p>Hint: To treat others the way you would expect to be treated. Allowing others to have opinions, listening when they speak, and not putting them down or calling them names.</p> <p>Bonus point: How can you show respect to others?</p> <ul data-bbox="546 982 1249 1299" style="list-style-type: none"> • be kind • be helpful • listen when others are speaking and sharing ideas • show gratitude; say thank you • be fair • do not judge people before you get to know them • learn about other people's perspectives • recognize that everyone is different and that is OK 																						

<p>Bystander</p> <p>Puzzle: Buy stand her</p>	<p>Hint: A person who sees something happening but is not involved.</p> <p>Bonus point: As a bystander, how can you be helpful?</p> <ul style="list-style-type: none"> • Defending the victim • Call for help/ get help • Offer to help the victim connect with supports • Tell an adult you trust • Supporting the person afterwards
<p>Listen Well</p>	<p>Hint: An important part of good communication.</p> <p>Bonus points:</p> <p>How can you show a person that you are listening?</p> <ul style="list-style-type: none"> • Listen without interrupting • Rephrase what the person said to make sure you understand • Use conversation encouragers like “Really?” or “That’s great!” • Use positive verbal messages: e.g. facing the person who is talking, nodding, having positive facial expressions • Put away cell phones or other electronic devices
<p>Diversity</p> <p>Puzzle: Dive hurts city</p>	<p>Hint: Our differences; we are unique. We have different cultures, ethnicities and strengths.</p> <p>Bonus point: How can we celebrate or support our differences?</p> <ul style="list-style-type: none"> • Learn about other cultures, ethnicities and practices by asking questions or looking online. • Be respectful of differences, even if we don’t understand the. • Trying new food from other cultures • Participating in or attending events and festivals that encourage diversity. • Share your own stories, cultures and practices with your peers.



<p>Say something</p> <p>Puzzle: Saw hay sum ting</p>	<p>Hint: What you should do if you see something that concerns you.</p> <p>Bonus point: What can you do if you see issues that concern you?</p> <ul style="list-style-type: none"> • Learn more about the issue • Find others who agree with you and work with them • Talk with someone you trust about the issue • Support groups who advocate with working on the issue.
<p>Decrease Stigma</p> <p>Puzzle: Dee cuisse stick mah</p>	<p>Hint: Avoiding fixed ideas and judgments about people.</p> <p>Bonus point: True or false: People with Mental health are poor and/or less intelligent.</p> <ul style="list-style-type: none"> • Many studies show that most people with mental illnesses have average or above-average intelligence. Mental illness like physical illness can affect anyone regardless of intelligence, social class or income level.
<p>Racism</p> <p>Puzzle: Race is I'm</p>	<p>Hint: Having negative feelings (prejudice) and negative behaviours (discrimination) directed against someone of a different race.</p> <p>Key message: Racism can affect the physical and mental health. Having strong supports and talking about it with people you trust can help you work through feelings of stress, frustration, and anger.</p>
<p>Microaggressions</p> <p>Puzzle: Mic row a grease ions</p>	<p>Hint: An indirect or subtle discrimination against a group of people</p> <p>Key message: Racial microaggressions are hurtful, negative insults towards a group of people. They are often seen as innocent. Spotting microaggressions can be hard, but it becomes easier once you understand it. An example of a microaggression could be telling a person of colour “you speak English surprisingly well”.</p>



<p>Ally</p> <p>Puzzle: All lie</p>	<p>Hint: A person who supports those who are being discriminated against.</p> <p>Bonus Point: What are some ways you can be an ally?</p> <ul style="list-style-type: none"> • Reflect: <ul style="list-style-type: none"> ○ Question stereotypes and negative beliefs ○ Be aware of your own prejudices (Having negative feelings toward people) ○ Think about ways you benefit from being a member of a privileged group • Learn: <ul style="list-style-type: none"> ○ Listen to the experiences of others ○ Respect the experiences of those who say discrimination is happening ○ Ask people how they want to be identified or described ○ Learn about the history of discrimination and how behaviours, practices, and laws impact people ○ Be open to feedback, learn from your mistakes, and try again • Practice: <ul style="list-style-type: none"> ○ Help your family and friends understanding stereotypes and why they exist ○ Speak out against discrimination by calling it out while it is happening ○ Make the invisible visible, by pointing out what's wrong in someone's statements ○ Educate individuals on why their words or actions are harmful ○ Discourage the use of offensive words to describe people ○ Create safe spaces for people to talk about their experiences without judging, questioning, or trying to fix anything ○ Challenge practices that may create barriers
<p>Talk to your neighbour</p> <p>Puzzle: Tea awk tooth yo nabe ours</p>	<p>Hint: Reaching out to the person next door.</p> <p>Key message: People who have a network of family and friends are more resilient. Getting to know your neighbours can help them and you develop support and know where to ask for help when needed.</p>



<p>Support someone</p> <p>Puzzle: Soup art sum you on</p>	<p>Hint: Helping others.</p> <p>Bonus point: How can you help a loved one with a mental health or substance use health disorder?</p> <p>Here are some tips for supporting someone you love:</p> <ul style="list-style-type: none"> • learn as much as you can about the illness • listen to your loved one so you have a better understanding of what they are going through • view the symptoms as part of the illness and not a character flaw • ask your loved one how you can help; think about helping with day-to-day tasks, to • be patient; remember recovery takes time and effort • acknowledge your loved one’s work towards wellness, regardless of the outcome • seek support for yourself and think about joining a support group for loved ones
<p>Discrimination</p> <p>Puzzle: Dice rim he nation</p>	<p>Hint: When someone is treated unfairly or differently.</p> <p>Key message: Discrimination is when a person or group of people are treated unfairly or badly due to factors like appearance, race, religion, culture, gender, age and more. Being discriminated against can cause someone to feel alone and hopeless. If you or someone faces discrimination you can talk to a trusted adult or friend, such as a parent, teacher, guidance counsellor or community supports.</p>
<p>Self-care</p> <p>Puzzle: See elf ache hair</p>	<p>Hint: Keeping yourself healthy.</p> <p>Key message: Helping others can be very difficult. In order to take care of others, you need to take care of yourself.</p> <p>Bonus point: Name something you enjoy doing that gives you energy and makes you feel good about yourself.</p> <ul style="list-style-type: none"> • Exercise • Spend time with friends. • Go for a walk • Journaling • Reading



<p>Category: Substance Use Health</p>	<p>Key message: Just like Physical or Mental Health, our Substance Use Health can vary from one day to the next as we are faced with different circumstances.</p> <p>Remember:</p> <ul style="list-style-type: none"> • People deal with stressors and challenges in different ways. • Addictions and Substance Use Disorders are treatable medical conditions, not a moral failing, and certainly not a choice. • It is important to treat people living with substance use health challenges as we would with any other health or medical condition • Recovery is about a person feeling stronger and better about themselves in a way that allows them to live their life with meaning and it does not matter the illness or medical condition they may have. • By correcting myths, rumours and stereotypes we can make sure that people have the correct information and are not causing panic and fear as well as creating more stigma. • Using person first language that recognizes someone as a person before describing personal characteristics or health conditions (ex. a person living with an addiction vs. addict)
<p>Substance Use Disorder</p> <p>Puzzle: Soup stains you see diss hoarder</p>	<p>Hint: A treatable medical condition involving prescription or illegal drugs</p> <p>Key message: There are many factors that contribute to the development of substance use disorders. Substance use disorders are based on 11 signs and symptoms and can be mild, moderate or severe. Stress is treatable and recovery is possible, compassion can help those who are struggling.</p>

<p>No Use</p> <p>Puzzle: Know you see</p>	<p>Hint: Choosing to not use substances.</p> <p>Bonus Point: What are some ways you can help yourself and those who choose to not use drugs?</p> <ul style="list-style-type: none"> • Saying "No Thanks" plainly and confidently – simple but it works • Changing the subject or choosing a different activity - by thinking of something else to do, you are also offering other people an “out.” • Use humour or make a joke - sometimes a witty one-liner or well-timed joke can lighten a serious mood and help deflect the attention. • Make an excuse or give a reason why you cannot participate. Sometimes backing up the “no” with evidence can give it more power • Walk away - if all else fails (and you can do so safely), remove yourself from the situation that is making you uncomfortable
<p>Physical Dependence</p> <p>Puzzle: Fizz sick all deep end dance</p>	<p>Hint: A physical response to a substance, caused by repeated use of a drug over time that can cause unpleasant symptoms if stopped.</p> <p>Key message: Some people use substances to help them stay more alert, to help with pain, deal with stress, etc. For some, stopping can cause physical or mental effects called withdrawal symptoms (nausea, vomiting, diarrhea, sweating, goose bumps, anxiety and feeling nervous or angry).</p>
<p>Problems Occurring</p> <p>Puzzle: Probe blames oak cure ring</p>	<p>Hint: Challenges from repeated substance use.</p> <p>Key message: Sometimes people can use substances without any problems, but sometimes problems occur when using substances. No one wishes to have more problems in their life, but the more often and the larger the amount people consume can lead to problems/difficulties (e.g., school performance, personal relationships, finances, etc.)</p>



<p>Addiction</p> <p>Puzzle: A duck she on</p>	<p>Hint: A medical condition that strongly urges a person to do or use something repeatedly, even when bad things happen.</p> <p>Bonus Point: What are the signs of an addiction (4 C's)?</p> <ul style="list-style-type: none"> • Use becomes <u>C</u>ompulsive (uncontrollable urge) • Continues even with harmful <u>C</u>onsequences • Have <u>C</u>ravings (strong need for substance) • Feeling a loss of <u>C</u>ontrol
<p>Alcohol</p> <p>Puzzle: All cow hall</p>	<p>Hint: A depressant (slows down parts of the brain), including the part that controls breathing.</p> <p>Bonus Point: What are some signs of alcohol poisoning?</p> <ul style="list-style-type: none"> • Bluish or greyish, cold, clammy skin • Vomiting without waking up • Not waking up when pinched (unconscious) • Slowed breathing • Loss of bladder and bowel control <p>*Alcohol poisoning is a medical emergency. Do not let your friends “sleep it off.” Call 9-1-1 immediately and place them in the recovery position.</p>



<p>Binge Drinking</p> <p>Puzzle: Bin gee deer rinking</p>	<p>Hint: Can lead to alcohol poisoning</p> <p>Bonus Point: If you choose to use alcohol what are some ways you can lower your risk?</p> <ul style="list-style-type: none"> • Pace yourself. Start low. Go slow. Drink one glass of water after each drink containing alcohol, so pacing yourself is important. • Eat something before consuming alcohol or other substances • Plan your limit before you start to drink and stick to it. • Stick to one substance at a time. If you add alcohol to your drink don't add energy drinks, caffeine, or cannabis infused sodas. Caffeine mixed with alcohol can overcome the sedating effect of alcohol. It may lead people to believe they are less intoxicated than they are. • Don't leave your drink unattended or share with others. If possible, keep a lid on your drink. You will be less likely to have your drink spiked.
<p>Cannabis</p> <p>Puzzle: Can eye bus</p>	<p>Hint: A plant that contains chemicals (THC & CBD).</p> <p>Bonus Point: If you or someone you know decides to use, what are some ways you can lower your risk?</p> <ul style="list-style-type: none"> • Buy from a regulated source • Stick to one substance at a time and leave tobacco out of the mix • Pace yourself, start low, go slow • Go easy on your lungs - if you smoke, avoid inhaling deeply or holding your breath • Have more cannabis-free days – regular use can increase the negative effects on your mind and body. • Plan a safe ride with a sober friend or family member, public transportation, a rideshare service, or walk with friends on a well-lit area. • Keep cannabis products in its original packaging and in a locked place that is out of reach, and out of sight of children or pets • Follow the lower risk cannabis guidelines



<p>Tobacco</p> <p>Puzzle: Toe back oh</p>	<p>Hint: A plant grown for its leaves which contains an addictive substance called nicotine.</p> <p>Bonus Point: What can you do to support someone trying to quit, what should you avoid?</p> <table border="1" data-bbox="499 349 1969 945"> <thead> <tr> <th data-bbox="499 349 1245 391">Do</th> <th data-bbox="1245 349 1969 391">Avoid</th> </tr> </thead> <tbody> <tr> <td data-bbox="499 391 1245 469">Help your friend avoid situations where others are smoking</td> <td data-bbox="1245 391 1969 469">Avoid nagging your friend or make them feel guilty</td> </tr> <tr> <td data-bbox="499 469 1245 586">Do an activity together where there's no smoking involved</td> <td data-bbox="1245 469 1969 586">Avoid putting your friend down, it takes the average person who smokes more than one quit attempt to give up tobacco for good</td> </tr> <tr> <td data-bbox="499 586 1245 665">Be available for your friend and listen to them when they are frustrated or discouraged</td> <td data-bbox="1245 586 1969 665">Avoid offering them cigarettes or smoking with them</td> </tr> <tr> <td data-bbox="499 665 1245 708">Remember that quitting is hard work</td> <td data-bbox="1245 665 1969 708">Avoid telling your friend what to do</td> </tr> <tr> <td data-bbox="499 708 1245 750">Congratulate your friend often</td> <td data-bbox="1245 708 1969 750"></td> </tr> <tr> <td data-bbox="499 750 1245 906">Encourage your friend to get help from a pharmacist, doctor, or any health professional. Visit OPH's Mental Health, Addictions and Substance Use Health Services and Resource webpage for more information.</td> <td data-bbox="1245 750 1969 906"></td> </tr> <tr> <td data-bbox="499 906 1245 945">Tell your friend you're happy they're quitting</td> <td data-bbox="1245 906 1969 945"></td> </tr> </tbody> </table>	Do	Avoid	Help your friend avoid situations where others are smoking	Avoid nagging your friend or make them feel guilty	Do an activity together where there's no smoking involved	Avoid putting your friend down, it takes the average person who smokes more than one quit attempt to give up tobacco for good	Be available for your friend and listen to them when they are frustrated or discouraged	Avoid offering them cigarettes or smoking with them	Remember that quitting is hard work	Avoid telling your friend what to do	Congratulate your friend often		Encourage your friend to get help from a pharmacist, doctor, or any health professional. Visit OPH's Mental Health, Addictions and Substance Use Health Services and Resource webpage for more information.		Tell your friend you're happy they're quitting	
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<p>Vaping</p> <p>Puzzle: Vow ape ink</p>	<p>Hint: Inhaling and exhaling vapour produced by a battery-operated device.</p> <p>Bonus Point: True or False—Vaping is harmless</p> <p>False: Vaping can affect your health. Evidence is still emerging on vaping as most vapes contain nicotine, but even vapes that don't have nicotine have been shown to cause lung damage. Vapes also contain e-juice or liquids. These liquids contain many other chemicals, some of which are carcinogenic (can cause cancer).</p>																
<p>Nicotine</p> <p>Puzzle: Knee coat teen</p>	<p>Hint: A highly addictive chemical found in tobacco.</p> <p>Bonus Point: True or False— Nicotine is harmful to young developing brains</p> <p>True: Once nicotine enters your system, it immediately starts altering the brain, and the brain is still developing until around the age of 25.</p>																



<p>Naloxone</p> <p>Puzzle: Nail ox own</p>	<p>Hint: A medication used to temporarily reverse the effects of an opioid overdose.</p> <p>Bonus Point: True or False—Naloxone kits are expensive to buy False: In Ontario, naloxone is available at no cost through local pharmacies, or online training. When you get your kit, you will also receive training on overdose prevention, recognizing an overdose and how to respond. Being able to recognize the signs of an overdose quickly and having a naloxone kit can save a life. To find out where you can get a naloxone kit, please visit the Stop Overdose Ottawa webpage.</p> <p>OR</p> <p>Bonus Point: How do you respond to an opioid overdose?</p> <ol style="list-style-type: none"> 1. Shout the person’s name and shake their shoulders. 2. Call 9-1-1 right away if unresponsive (unconscious). 3. Give naloxone: <ol style="list-style-type: none"> a. Spray: insert nozzle into nostril first, then press plunger down firmly to give the dose (only spray once plunger is in the nostril) Remember, do not spray before the nozzle is inserted into the nose. <p style="text-align: center;">OR</p> <ol style="list-style-type: none"> b. Injectable: inject 1 vial or ampoule into arm or leg 4. Perform chest compressions and/or rescue breathing. * 5. Is it working? If no improvement after 2-3 minutes, repeat steps 3 and 4. 6. Stay with them. <ol style="list-style-type: none"> a. If the person begins breathing on their own, or if you have to leave the person at any time, put them in the recovery position. The recovery position helps keep a person's airway open so they can breathe and can prevent them from choking on vomit or spit. <p>*The rescue breathing barrier included in naloxone kits can be used as a layer of protection during rescue breathing but may not prevent transmission of COVID-19 infection on its own, it is recommended that individuals responding to an opioid overdose are fully vaccinated against COVID 19 including any recommended booster doses to help prevent transmission. (Ontario naloxone program)</p>
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Party Safer	Hint: Trying to reduce harms and being attentive before and while attending a social gathering with friends.
Puzzle: Part tea save four	<p>Bonus Point: What are some examples of reducing your risks at a party? Please visit OPH’s Party Safer webpage for more information on how to reduce your risks.</p> <ul style="list-style-type: none"> • Know how to identify an overdose – Overdoses can happen to anyone. Learn the signs and symptoms, and how to respond. • Carry naloxone – Any illegal substance such as MDMA or Cocaine can be cut (mixed) with fentanyl or carfentanil. You can’t see it, taste it, or smell it, and even the smallest amount (i.e. the size of a grain of salt) can cause an overdose. • Have a plan if using substances – Have a friend or family member with you when using substances because if you overdose and are alone, there will be no one there to help you or visit a Supervised Consumption Service. • Prevent STBBIs by using condoms and/or dental dams • Plan a safe ride or walk home – Always plan a safe ride home before you start using substances. Plan a safe ride with a friend/family member or use public transit and/or a ride-sharing service. Don’t drive yourself, bike, skateboard, or walk alone. If you do need to walk, make sure you stay as visible as possible to other road users and stay with at least one trusted friend who is not under the influence of a substance. • Only you can give consent for yourself – People who are under the influence of substances like alcohol, asleep, unable to understand what they are saying yes to, or under severe pressure are not able to consent freely and willingly to participate in a sexual activity • Stay with friends you trust and look out for each other • Stick to one substance at a time – Using different substances together can increase impairment and risk of harms, such as overdoses, accidents, and injuries. • Pace yourself and drink water – Eat before consuming substances and have a drink of water for every alcoholic drink. It can take up to 2 hours to feel the effects of alcohol, so pacing yourself is important! • Start low and go slow – If you are using cannabis, it takes seconds to minutes to feel the effects of smoking or vaping but 30 minutes to 2 hours to feel the effects from edibles (eating or drinking). Start with a small amount and wait at least 30 minutes or more to feel the effects. Consider using products with lower amounts of THC and equal or higher amounts of CBD.

<p>Reducing Harm</p> <p>Puzzle: Red using he arm</p>	<p>Hint: Lowering your risks.</p> <p>Bonus Point: What are some examples of everyday harm reduction?</p> <ul style="list-style-type: none"> • Wearing a helmet when riding a bike • Using a seatbelt when driving in a car • Using a nicotine patch instead of smoking • Eating before you drink, and consuming water for every alcoholic drink • Sticking to one substance at a time, staying with friends you trust and looking out for each other • Needle exchange programs for people who inject substances
<p>Recovery</p> <p>Puzzle: Wreak cove hairy</p>	<p>Hint: A lifelong (long-term) process to improve mental health, physical health or substance use health.</p> <p>Key message: Recovery does not mean that someone is “cured” (which makes it sound like they are no longer living with the condition). Being in recovery is something that a person lives with for the rest of their life. Recovery can be different for every person; some people do not want to use substances at all. No use is not the only choice for recovery, some people do better with using less substances or choosing safer ways to use their substance.</p>
<p>Preventing Stigma</p> <p>Puzzle: Pear vent ink stick maw</p>	<p>Hint: Avoiding fixed ideas and judgments about people.</p> <p>Bonus Point: What can you do to prevent stigma?</p> <ul style="list-style-type: none"> • Say positive things about the situation – helps to provide hope to people • Correct myths, rumours, and stereotypes • Make sure that we do not use language that blames anyone for getting sick or having an illness • Using person first language that recognizes someone as a person before describing personal characteristics or health conditions • Explore your own feelings about the topic: Do you have some biases that you developed in your family, maybe from your parents or friends. • Having compassion and empathy



Person First Language	Hint: Putting a person before their diagnosis.
Puzzle: Peer sun fur rust long wage	Key message: Person first language puts the person before their medical condition, and describes what the person has, not what the person is. Instead of using language like “drug abuse” or “addict” try using “person who uses substances” or “person with a substance use disorder”. Choosing to counteract substance use stigma with the words we use can help to break down barriers.

References:

The information, key messages and bonus points included in Mental Health GAB have been taken and adapted from various reliable sources including:

From Ottawa Public Health:

- Healthy Transitions program
- Playground Activity Leaders in Schools program
- Substance Use Health presentations
- Have THAT talk resource guide

For more information on these programs please go to OttawaPublicHealth.ca/SchoolHealthOnline

From Parenting in Ottawa website:

- <http://www.parentinginottawa.com/en/youth/Physical-Activity.asp>
- <http://www.parentinginottawa.com/en/youth/Alcohol-Tobacco-Marijuana-and-other-drugs.asp>

From Ottawa.ca:

- <http://ottawa.ca/2/en/residents/public-health/healthy-eating-and-active-living-for-child-care/supporting-families>
- <http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>

From CHEO:

- <http://www.cheo.on.ca/en/mental-health-factsheet-parents>



From Centre for Addiction and Mental Health:

- [http://www.camh.ca/en/hospital/health information/for parents/Pages/raising resilient children.aspx](http://www.camh.ca/en/hospital/health%20information/for%20parents/Pages/raising%20resilient%20children.aspx)
- [http://www.camh.ca/en/hospital/about camh/health promotion/the yale new haven primary prevention program/Pages/protective factors.aspx](http://www.camh.ca/en/hospital/about%20camh/health%20promotion/the%20yale%20new%20haven%20primary%20prevention%20program/Pages/protective%20factors.aspx)
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- [http://www.camh.ca/en/hospital/health information/a z mental health and addiction information/depression/Pages/default.aspx](http://www.camh.ca/en/hospital/health%20information/a%20z%20mental%20health%20and%20addiction%20information/depression/Pages/default.aspx)

From Canadian Mental Health Association:

- <http://ontario.cmha.ca/mental-health/mental-health-conditions/stigma-and-discrimination/>
- [http://www.cmha.ca/mental health/facts-about-depression-and-bipolar-disorder/](http://www.cmha.ca/mental_health/facts-about-depression-and-bipolar-disorder/)
- <http://ontario.cmha.ca/mental-health/mental-health-conditions/recovery/>
- [http://www.camh.ca/en/hospital/health information/for parents/Pages/aggressive behaviour children.aspx](http://www.camh.ca/en/hospital/health%20information/for%20parents/Pages/aggressive%20behaviour%20children.aspx)

Other:

- <http://teentalk.ca/hot-topics/appreciating-diversity-2/discrimination/>
- <http://www.chrc-ccdp.ca/eng/content/what-harassment>

