Before we start…

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will be shared at the end of the module.
HEALTHY TRANSITIONS
Promoting Resilience and Mental Health in Young Adolescents

Grade 5
Session 1: Emotions and Stigma
Stand up / Sit down

OR
Emotions
Emotions

Fill in the blanks. How would you feel in each situation?
1. Your pet has been missing since last night. __________
2. You win third place at a track and field race. __________
3. You find out that someone has been going through your personal stuff in your room. __________
4. You have to prepare for an oral presentation. __________
5. Your grandparents unexpectedly pick you up from school. __________
6. Someone made fun of your clothing. __________
7. Your parents have signed you up for a week at a sleepaway summer camp. __________
8. Your parents take away your privileges (tv, computer, video game, phone privileges, etc.). __________
9. You have an argument with your best friend. __________
10. Someone you don't know is knocking at your door. __________
Stigma

Understanding Stigma

Let's talk about "stigma" and what it means

https://www.youtube.com/watch?v=fhhwmyOWyak&feature=youtu.be
Stigma
Helping Hands
Stronger Together
Where to find help

An adult you trust from your school, family or community

Youth Services Bureau (24/7)
YSB assists with service areas such as youth engagement, mental health services, community and housing services, employment services and youth justice services
- Age 12+
- Crisis Line: 613-260-2360
- Crisis Chat: https://www.ysb.ca/

Kids Help Phone
This resource provides confidential mental health services to youth in Canada.
- Age Prioritization 5-25
- Phone (24/7): 1-800-668-6868
- Text (24/7): Text CONNECT to 686868
- Live Chat: (open 7 pm – midnight ET) https://kidshelpphone.ca/live-chat-counselling/
Continued Support

Hope for Wellness Helpline (First Nations, Métis and Inuit) (24/7)
A resource available to all Indigenous people across Canada, to assist when there are challenges, or to help connect with other wellness supports.
• Telephone: 1-855-242-3310
• Online Chat: https://www.hopeforwellness.ca/

Rural Ottawa Youth (Rural schools only)
An organization that works together to address the gaps in mental health services for youth in rural Ottawa.
• Age 12-24
• www.ruralottawayouth.ca
• Instagram @RuralOttawaYouth