

Supporting Youth Mental Health



Do you, or a youth you care about, need support to feel better?

Not just the blues?
How do you know?

What to watch for

- feelings get in the way of daily life over a long time
- worrisome changes in behavior and/or personality
- increased risky behaviour and/or substance use
- prolonged negative mood or attitude
- feeling worthless, helpless, or hopeless
- thoughts or comments about suicide and/or dying

Think about positive coping strategies

What has worked for you in the past?

- nature walks
- reading
- meditating
- exercise
- journalling
- volunteering
- mindfulness
- crafts/hobbies
- hugging your pet
- listening to music
- drink water to hydrate

In challenging times like the pandemic, it's helpful to do things to support our wellbeing.

It's not always easy to ask for help, but there are many people who care, and services out there that are rooting for you to succeed.



What you can say to start the conversation

If you're worried about someone, say something! Don't be afraid of saying the wrong thing.

Be thoughtful of the time and place to make it easier to have a private and open discussion. Really listen and give 100% of your attention.

Avoid giving advice. What they need is just for you to be present and open.

It's normal to struggle sometimes, and it's okay to talk about it.

This must be hard to talk about. Thanks for opening up to me.

I've been worried about you and wondering if you're feeling okay?

How are you really doing?

Take care of yourself – it's important when supporting others but it also gives you a chance to role-model self-care to young people.

Know your supports

- You can reach out to family, friends, neighbours, spiritual leaders, teachers or coaches.
- You can also reach out to school guidance counsellors or your family doctor.
- Employee assistance programs (through a parent's or caregivers employer)
- In a crisis, or in planning how to avoid a crisis, call the crisis line or text the crisis chat. They're available 24/7 and they can help you navigate mental health services (see next page).

Getting help is a sign of your strength and resilience.

Know how to seek help

There are different types of services that can help people get through difficult times.



Quick access to phone, video or walk-in counselling

Counselling Connect
counsellingconnect.org

The Walk-In Counselling Clinic
613-755-2277
Walkincounselling.com
For 16 years and older

Parents and Caregivers

Parent's Lifeline of Eastern Ontario
(613) 321-3211 or 1-855- 775-7005
pleo.on.ca

safeTALK training
Training to help prevent suicide
Canadian Mental Health Association- Ottawa
ottawa.cmha.ca/programs-services/safetalk/
(613) 737-7791 ext 217

Community and Social Services

211 Ontario
Dial 211
211ontario.ca

Short, medium or long term counselling and supports

Youth Services Bureau (YSB)
Mental Health Services
613-562-3004
ysb.ca

Somerset West Community
Health Centre
(343) 571-0097
For African, Caribbean and
Black communities
swchc.on.ca/acb

Hope for Wellness Helpline
1-855-242-3310
For Indigenous people
hopeforwellness.ca

Crossroads Children's
Mental Health
For children under
the age of 12
613-723-1623
info@crossroadschildren.ca

Family Services Ottawa
(613) 725-3601 ext. O
For 2SLGBTQ+
community members
familyservicesottawa.org

Kind (peer groups)
For 2SLGBTQ+
community members
kindspace.ca

Le Cap
(613) 789-2240
centrelecap.ca

Counselling for addictions, eating disorders

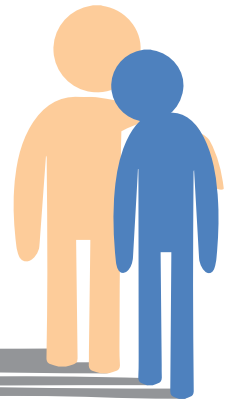
Rideauwood Addiction and
Family Services
(613) 724-4881
rideauwood.org

Hopewell Eating Disorder
Support Centre
(613) 241-3428
hopewell.ca

Dave Smith Youth
Treatment Centre
(613) 594-8333
info@davesmithcentre.org

Le Cap
(613) 789-2240
centrelecap.ca

Remember, it's common to feel sad, isolated, worried, or angry at times, but if these feelings occur frequently and become overwhelming, it may be time for extra help.



How to seek URGENT help

Youth Services Bureau - Mental Health Services
For youth and caregivers
(613) 260-2360
ysb.ca

Available 24/7 to help you navigate mental health services.

People who are in crisis can also call 911 or visit the emergency department.

Proud members
**KIDS COME FIRST
HEALTH TEAM**

Fier membres
**ÉQUIPE SANTÉ LES
ENFANTS AVANT TOUT**