



How do I know if I might be Depressed?

The main symptom of depression is a despairing and/or irritable mood that:

- is present daily
- lasts longer than 2 weeks
- impacts performance at school or work
- interferes with your enjoyment of life or your ability to function

Depression can range from mild to severe depending on your symptoms. Other possible symptoms include:

- feeling hopeless and worthless
- sleep problems
- loss of pleasure/interest in usual activities
- changes in appetite and weight
- loss of energy
- feeling irritable
- withdrawal from family and friends
- alcohol or substance abuse
- reckless behaviour
- thoughts about death or suicide

Info courtesy of YouthNet (CHEO), 2011

Mental Health Supports for Students

Getting professional help is the first step to feeling better!

Are you in Crisis? A crisis is when you need urgent help.

If you are experiencing a Mental Health Crisis:

- 1) Go to Emergency at CHEO
- 2) Call the Child, Youth and Family Crisis Line, Open 24/7, www.icrs.ca
613-260-2360 or 1-877-377-7775
- 3) Call 911

Come to Guidance and speak with a Counselor—we can point you in the right direction to get more help as soon as possible!

Youth Mental Health Walk-In Clinic

Short term, immediate counseling
Every Tues. & Thurs. from 12-8pm (last appointment at 6pm)
2301 Carling Avenue (2nd Floor) - counseling@ysb.on.ca

613-562-3004

Kids Help Phone

Reach trained counselors by phone regarding any kind of difficulty
Available 24/7 from anywhere in Canada
www.kidshelpphone.ca

1-800-668-6868

Lesbian, Gay, Bi, Trans Youth Line

For confidential, free & non-judgemental support over the phone
Sunday to Friday 4-9:30pm
www.youthline.ca

1-800-268-9688

Rideauwood

Addiction & Family Counseling by appointment
www.rideauwood.org

613-724-4881

Hopewell

Eating Disorder Support Centre, referral to counseling
www.hopewell.ca

613-241-3428

Ottawa Rape Crisis Centre

Outreach Counseling Available by phone 24/7 or on-site
www.orcc.net

613-562-2333

I'm already getting professional help, what else can I do?

Youth Net (CHEO)

613-738-3915

www.youthnet.on.ca

A regional program designed by youth for youth to promote mental health and strive to reduce the stigma surrounding it. They run FREE social activities including snowboarding, art, yoga and hiking for anyone. They also run Youth Advisory Committees (YACs) where you can become actively involved in furthering the promotion of Mental Health among youth.

Use Your Voice: A Mental Health and Wellness Initiative

See Ms. Barkley in the English Department or Mme. Mallet-Jones in the History Department who are the teacher supervisors for this student oriented group within Canterbury High School. Students get together to discuss and learn about Mental health, and to improve stigma school-wide.

Here are some additional resources for you to do some of your own research about Mental Health. These are also listed at www.odcsb.ca under the heading "Community"

<http://kidshelpphone.ca/Teens/home.aspx> - From trouble with anything from relationships, to dealing with loss and grief to homework or thoughts of suicide, this page is an interactive tool designed especially for teens to find out more and get help anonymously and confidentially from professional counselors.

www.mindyourmind.ca—Mind Your Mind is a non-profit mental health engagement program that works with youth, emerging adults and the professionals who serve them to develop reliable and relevant resources and communication platforms to reduce the stigma associated with mental illness and increase access and use of community support. Mind Your mind inspires youth to reach out, get help and give help.

www.teenmentalhealth.org— This is a project of the Sun Life Financial Chair in Adolescent Mental Health. The site seeks to advance the understanding of mental illness and to improve the lives of young people with mental disorders

www.thejackproject.org—The Jack Project at Kids Help Phone promotes young people's mental health by providing them with much needed information and support as they move from late high school into college, university or independent living. They also equip key adults—parents, family members and educators—with the knowledge they need to support young people in their lives.



How do I know if I may need help with my Anxiety?

Everybody gets worried and feels anxious from time to time. Just enough anxiety is helpful because it keeps us safe.

Anxiety becomes a problem when it:

- Governs your decisions
- Interferes with your life
- Causes distress

Symptoms of problematic anxiety can include:

- Constant worries accompanied by physical symptoms
- Out of the blue feelings of panic
- Repetitive thoughts or behaviours
- Extreme shyness

It is time to get help if your symptoms are:

- Going on for too long or happening too often
- Severe, unpleasant or out of proportion
- Causing you to worry that something is seriously wrong
- Preventing you from enjoying normal life experiences

Info from the Ontario Centre of Excellence for Child and Youth Mental Health, 2011