FAMILY/CAREGIVER MENTAL HEALTH AND WELL-BEING

TOGETHER IN THE VALLEY

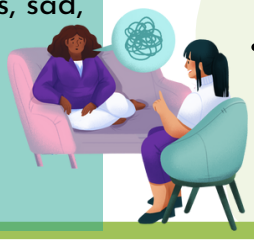
Mental Health Week May 1-7, 2023

Storytelling is a fundamental part of being human. Stories help build connections and strong communities. Storytelling, in all its forms, supports mental health and reduces stigma.

Parents and Caregivers, Let's Talk About YOU:

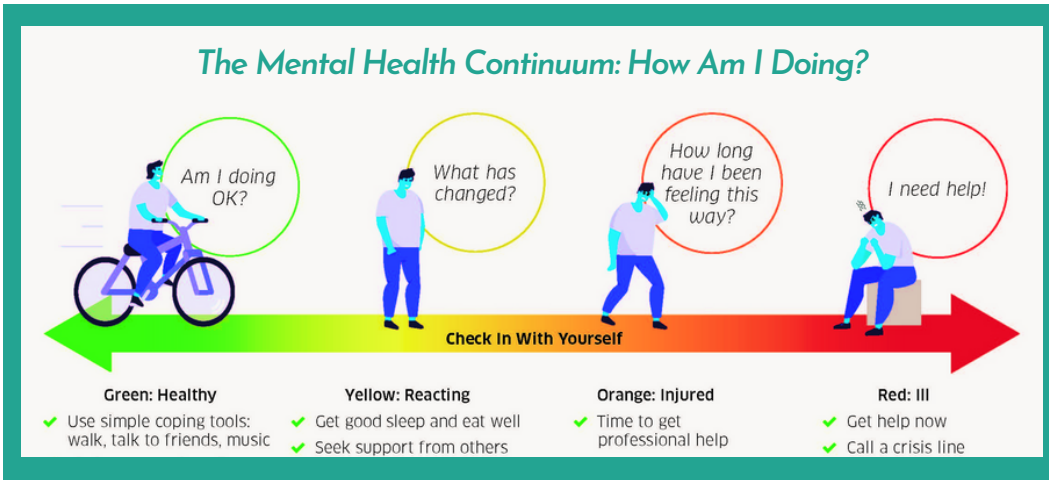
Looking after our mental health is as important as looking after our physical health.

It is O.K. to feel stressed, worried, anxious, sad, afraid or angry. When difficult emotions become severe and interfere with daily functioning we may need to reach out for support: share your story.



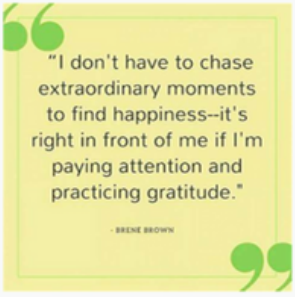
Mental Health Is...

- the capacity to feel, think and act in ways that enhance our ability to enjoy life and deal with challenges
- a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.



Scan:
Continuum Self-Check Tool

theworkingmind.ca/continuum-self-check



What strategies do you practice regularly to support your wellness?

This year's Mental Health Week will amplify some of the voices and spaces within which mental health exists across Canada, especially at the community level through non-profit agencies and programs.

#MyStory

Canadian Mental Health Association Thames Valley Addiction and Mental Health Services
CMHA 1-866-933-2023

vanier Children's Mental Wellness
Vanier 519-433-0334

wellkin
Wellkin 1-877-539-0463

- *Family Supports*
- *CBT Psychotherapy*
- *Crisis Services w/ Locations in Each Part of Thames Valley*
- *Intake and Access Services*
- *Online Addiction Recovery Program (Breaking Free)*
- *Crossing Bridges (Addiction Online Counselling for Youth and Young Adults)*
- *Community Wellness and Program Guide*
- *Brief Case Management*

...and many other addiction and mental health programs for individuals 14 years of age+

Mental Health Resources

Canadian Mental Health Association
www.TVDSB.ca
www.mindyourmind.ca
www.jack.org
School Mental Health Ontario

Underlined text is a hyperlink to more information

FAMILY/CAREGIVER MENTAL HEALTH AND WELL-BEING

TOGETHER IN THE VALLEY

Mental Health Week May 3-7, 2021

Storytelling is a fundamental part of being human. Stories help build connections and strong communities. Storytelling, in all its forms, supports mental health and reduces stigma.

Parents and Caregivers, Let's Talk About YOU:

Notice the Changes: Signs and Symptoms

- **Mood**: anxiety, anger, sadness, feeling numb
- **Thinking**: Intrusive negative thoughts, difficulty concentrating, suicidal thoughts
- **Behaviour & Performance**: Isolating, hard time finishing tasks, withdrawing, risky behaviours
- **Physical**: weight fluctuations, sleep problems, digestive issues, aches/pains
- **Addictive Behaviours**: Misuse of drugs, alcohol

When significant changes become our daily experience, over longer periods of time, further support may be needed.

If you are in crisis and need immediate support call the **REACH OUT** crisis line. 1-866-933-2023, or call 911.

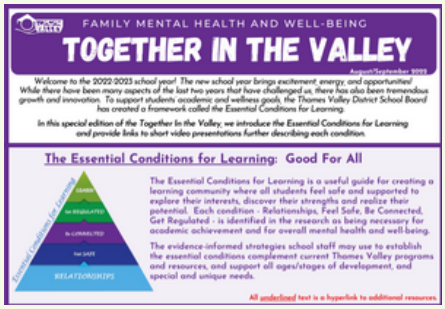
London-Middlesex, walk-in support: Mental Health and Addictions Crisis Centre at 648 Huron Street, London.

Oxford Walk-In Support: 9:00am-4:00pm 522 Peel St. Woodstock

Elgin Walk-In Support: 8:30am-4:00pm: 110 Centre Street, St. Thomas

Middlesex Walk-In Support: 8:30am-4:30pm 21 Richmond Street, Strathroy

Resources to help you along the way...



Thames Valley District School Board Resources

TVDSB Mental Health Website

All underlined text is a hyperlink to more information

Community Mental Health: The Basics

Mental health support that you can get outside of hospitals and doctors' offices has existed for decades, but you might not know about it. It's called community mental health, and it supports people's wellbeing before, during and after medical care.

- Preventing mental health problems
- Strengthening our mental health
- Responding to crisis
- Alongside medical care
- Keeping people well