

# CONCERNED ABOUT MENTAL HEALTH?

YOU ARE NOT ALONE. 20% OF ALL CANADIAN CHILDREN AND YOUTH (1.2 MILLION) ARE AFFECTED BY MENTAL ILLNESS. MANY MORE HAVE QUESTIONS JUST LIKE YOU.



# IT IS IMPORTANT TO ASK FOR HELP.

Talk with your parents, a trusted adult or a health care provider. Or access one of the services listed in this pamphlet.

# PRINCETON COMMUNITY HEALTH TABLE



[www.sohc.ca](http://www.sohc.ca)

Brochure prepared by the Princeton Community Health Table & sponsored by the Support Our Health Care Society. QR codes from [me-qr.com](http://me-qr.com) All images are sourced from Canva <https://www.canva.com/>

# DO YOU STRUGGLE WITH YOUR MENTAL HEALTH?

You are not alone!



Youth face many challenges – it is normal and you can talk about it.

310-MHSU (310-6789) (no area code)

Free-24/7

Click: [kidshelpphone.ca](http://kidshelpphone.ca)

Call: 1-800-668-6868

Text: CONNECT to 686868

Services are additionally available for Metis youth through the BC Metis Nation [www.mnbc.ca/portal/login](http://www.mnbc.ca/portal/login)

## QUESTIONS ABOUT ANXIETY?

Everyone experiences anxiety sometimes, which is feelings of worry and nervousness. Sometimes anxiety can happen more often and impact your daily life and might be Generalized Anxiety Disorder. To learn more, go to [www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth](http://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth) or scan



## CHECK OUT THE MINDSHIFT APP FOR TIPS ON HOW TO MANAGE ANXIETY



## DO YOU SOMETIMES FEEL DEPRESSED OR IN DISTRESS?

Depression affects 8/100 teens in Canada. If you are irritable or sad most days and no longer enjoy activities that used to bring you joy, you may have depression. Depression is an illness that affects the way you think and feel about yourself and is much more than just feeling sad, Your mood may also be up and down - there's [www.heretohelp.bc.ca/infosheet/for-youth-dealing-with-depression](http://www.heretohelp.bc.ca/infosheet/for-youth-dealing-with-depression) or scan



If you ever have thoughts of self-harm or suicide it is a medical emergency and it is important to **tell someone immediately**

**1-800-SUICIDE • 1-800-784-2433**



For mental health and substance use services in your community or to find out if you need support call **310-MHSU (310-6789) (no area code)** – it's okay if you just have questions!

**Youth Space** can offer emotional support and crisis intervention. Professionally trained volunteers can help whether it is for yourself or someone you know - chat and text 778-783-0177 6 pm to midnight 7 days a week. At [youthspace.ca](http://youthspace.ca).



BC's Distress Phone Services 1-800-784-2433 provides confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week. The phone line is available in over 140 languages using a language service.

Prefer chat? **The Crisis Centre** offers one-on-one chat for youth. ([youthinbc.com](http://youthinbc.com)).



## EATING DISORDERS

This is where a person becomes preoccupied with food and how it affects their body. You can have severe disturbances in eating behaviour such as: limiting food intake, negative feelings about your body, fear of weight gain, binge eating, purging, and over-exercising. Food and body image can take over your daily life. Go to [jessieslegacy.com](http://jessieslegacy.com) 604-988-5281 ext. 349 or you can also email for help at [jessieslegacy@familyservices.bc.ca](mailto:jessieslegacy@familyservices.bc.ca)



## SUBSTANCE USE DISORDER

Substance use disorder can occur when someone has a hard time controlling their relationship with substances. These substances can be alcohol, cannabis, vaping, or other legal and illegal drugs ([www.heretohelp.bc.ca/resource-library](http://www.heretohelp.bc.ca/resource-library))



## TICS

People with tics can't stop making certain sounds or can't stop their bodies from doing sudden movements or twitches repeatedly. Check [keltymentalhealth.ca/tics-tourette-syndrome](http://keltymentalhealth.ca/tics-tourette-syndrome) or scan

