

You are Not Alone



What is mental health? It is about our emotions and well-being. It affects how we think and feel about ourselves and the world around us. It can be hard to talk about. These thoughts and feelings might be helpful, unhelpful and in between. It can affect our thoughts, mood and behaviour.

Mental health is important at every stage of our lives from childhood, teenage years and through adulthood. Mental health can present as physical symptoms such as feeling

tired, belly aches or difficulty concentrating. Through this our students will hopefully understand that they, indeed, are NOT ALONE. It is okay to not be okay. Ask for help.

Before Video

Prior to watching the video, you may wish to engage in a discussion about what is mental health? To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *When someone says “mental health”? What does that mean to you?*
2. *How does mental health impact your body?*
3. *Why is positive mental health important?*

You may also ask students to engage in a collaborative activity about things to do, in general, when they are feeling anxious, worried and/ or overwhelmed. One such activity could be asking them to brainstorm all the activities that help them feel better or who they can talk to when they need someone.

After Video

After watching the video, you may wish to discuss the information and review help seeking. It is a quick, yet informative resource. Reviewing the information with your students may spark deeper reflection. You may prompt the discussion with questions such as:

1. *Identify positive ways to maintain good mental health.*
2. *How can I help others with their mental health?*
3. *Why is trust important when trying to get help for others?*
4. *Who is in my circle of support? Identify an individual or trusted adults to talk to when feeling stressed, worried or overwhelmed.*
5. *Who can I go to for help at home? At school? In the community?*

Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444
3. **Kids Help Line:** 1.800.668.6868 or text CONNECT to 686868
4. <https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/child-and-youth-mental-health>
5. Visit www.erase.gov.bc.ca
6. <https://foundrybc.ca>
7. <https://www.surreyschools.ca/mentalhealth>