

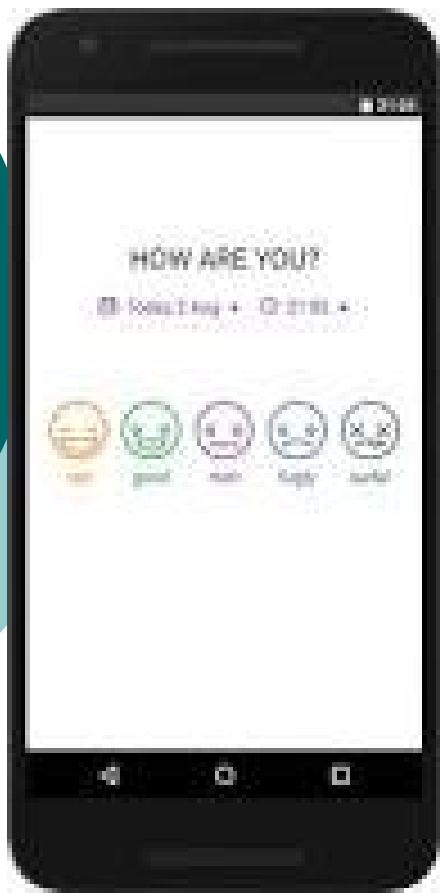
"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

- John Lennon

John Lennon had it right. Above all else, we want you to be happy. Happy with you. Happy with your skills. Happy at your job. Happy with your LIFE! Please find below things that can help you achieve "happy".



What if I'm having trouble feeling happy?" The following slides are full of people who can help, spaces that can help and lots and lots of self-help skills you can learn and use when needed at any time!



rad



good



meh



fugly



awful

HOW ARE YOU?

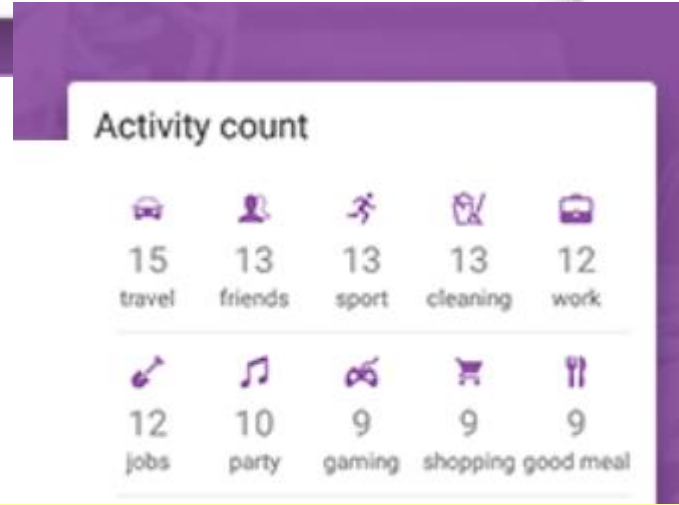
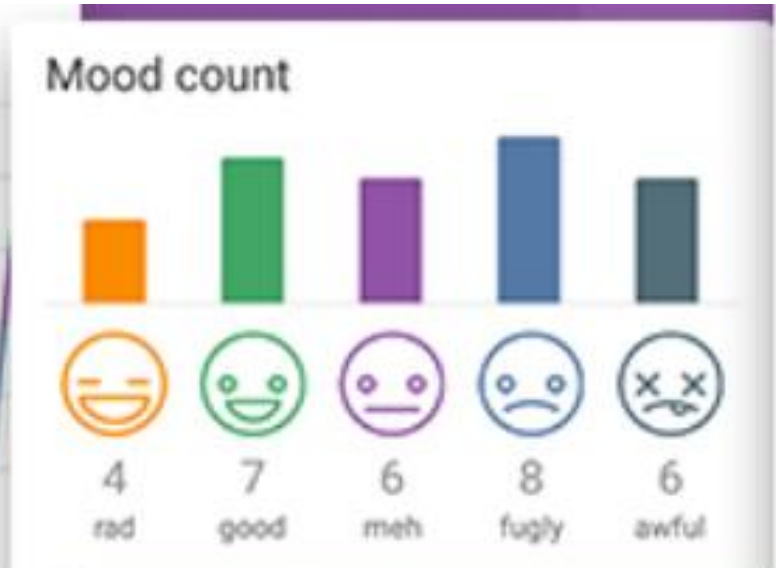
Today, 4 May

TRY THIS APP

DAYLIO - CAPTURE YOUR LIFE



DAYLIO is an app for your phone that helps you track your moods. “Well, I’m happy MOST of the time”. Well, let’s see. Maybe you’re doing better than you give yourself credit for but maybe there’s times and situations when you don’t feel good. It’s helpful to know when and what those things are that affect your mood in a negative way. This app is truly customizable to you – your regular moods and activities.



The app generates some pretty amazing charts of how you are filling your day, what are you spending your time doing and what your "trends" are in terms of moods. These are great conversation starters with "helpful" people – "hey this is how I've been feeling lately. Can you help me".

Often together

 rad 

You often do this:



Pairing the app with learning some new skills, the best part is watching the feelings and the “streak” change and grow!

Longest best day streak



2 days

13 - 14 May 2016

Activities during streak

 gaming +  cleaning +  work

Kids Help Phone



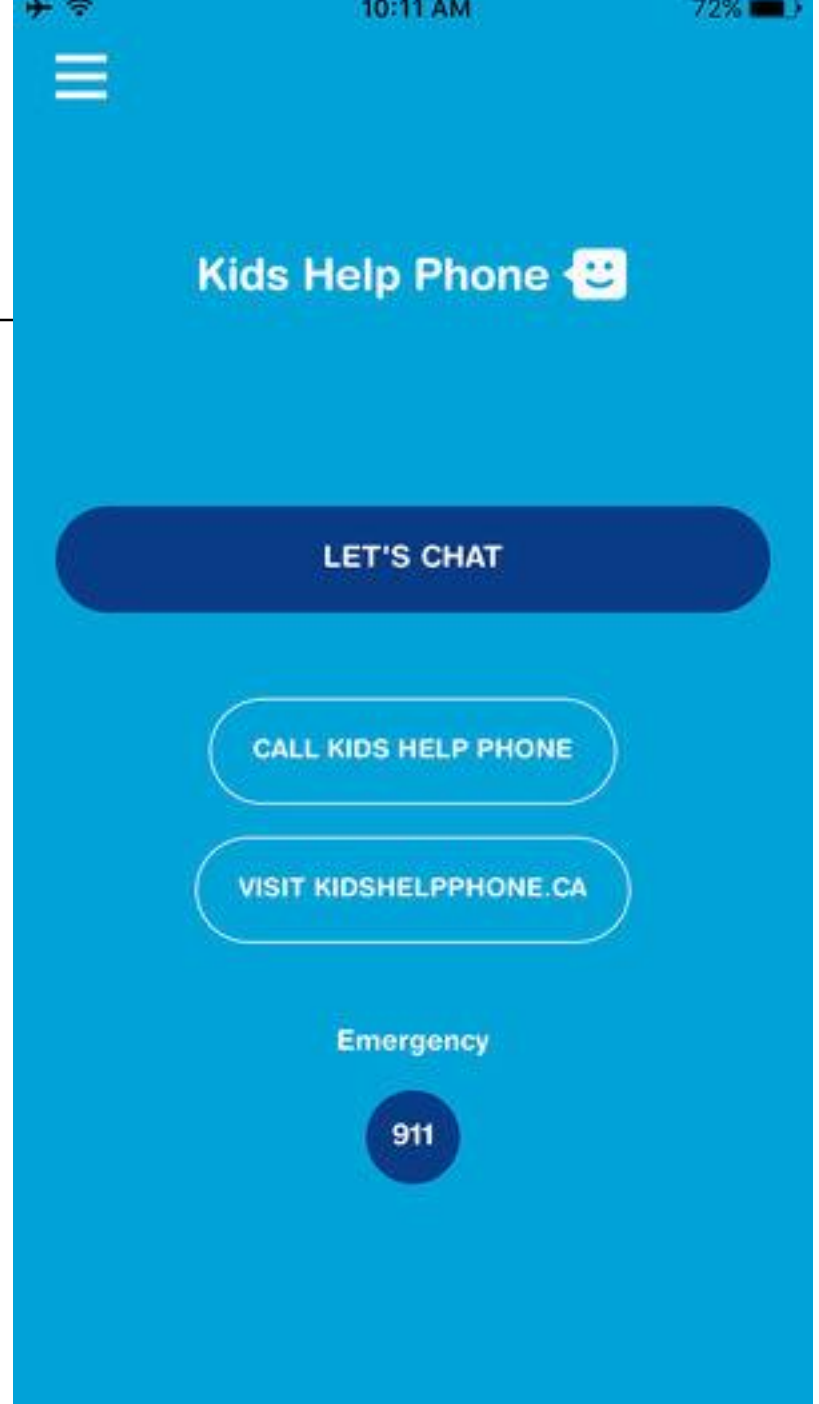
Kids Help Phone

Kids help phone is still Canada's only 24/7 service for youth of any age! They've been around over 30 years! They never close! There is ALWAYS someone to talk to!



Sometimes it's easier to online "chat" than talk – if there's people around we don't want listening, etc. That's where the "chat" feature comes in. You can access chat from the kidshelpphone.ca website OR go to your APP store and download "always there" by Kids Help Phone. It's important to note that the "ALWAYS THERE" APP only works if you have Data or you have WIFI?

But hey, let's be honest, there are always places to find free wifi!





CRISIS TEXT LINE |

powered by

Kids Help Phone 

Text TALK to 686868

Still can't find free wifi to "chat" using the app or the KHP website? All good! You can still Text! Just text "TALK" to "686868" (the last 6 digits of the KHP phone #). The first 2 responses will be automated to determine safety and topic and then the third response will be a helper. The textine has become so popular and helpful that they are receiving upwards of 1,000 texts a day. This feature is for ALL AGES!!! No minimum or maximum age!

Kids Help Phone 🗨️

Bullying Incident Report

It's a good idea to keep a detailed record of bullying incidents you've witnessed or been a target of. Even if you're not ready to tell anyone about the bullying yet, this record will help you report it once you feel ready.

1. Who was the target of the bullying incident?

- I was the target
- Name _____ was the target

2. When did the bullying incident occur?

On _____ Date _____

At _____ Time _____ AM / PM

3. Where did it happen?

Text, phone, internet, social media (Facebook, Twitter), at school, to/from school, school grounds, etc.

4. Did anyone witness the incident?

If yes, please list them.

- No, I don't think so.
- Yes, it was witnessed by

Names _____

5. Type of bullying incident

- Physical bullying** (Harassing someone by hitting, shoving, tripping or any other use of physical force.)
- Cyberbullying** (Harassing someone over social media, text, email, websites and other digital channels.)
- Emotional bullying** (Harassing someone by verbally abusing them, excluding them, spreading rumours or giving them "the silent treatment.")
- Discriminatory bullying** (Harassing someone based on sexual orientation, ethnicity, gender identity, religion or anything else perceived as making them "different.")
- Sexual harassment** (Any unwanted verbal or physical conduct of a sexual nature such as unwanted touching, inappropriate staring or sending unwanted sexual images.)
- Other (or multiple)**
Bullying comes in many forms and it's OK if it doesn't fall into any one category. You can explain the incident in more detail on the next page.

6. What happened?

Write in as much detail as you can remember. Include things like what happened to you, who was involved, and what was said or done. Save any text messages and take pictures of any physical injuries.

7. Did this bullying incident cause a physical injury?

- No
- Yes, and medical attention was sought/required
- Yes, but medical attention was **NOT** sought

8. Did you/they miss school for any reason because of the incident?

- No
- I don't know
- Yes, I/they missed _____ Number _____ days.

9. Was the incident reported yet?

- No, I don't think so
- Yes, it was reported to

Name _____

On _____ Date _____

Whenever you need to talk, we're open.

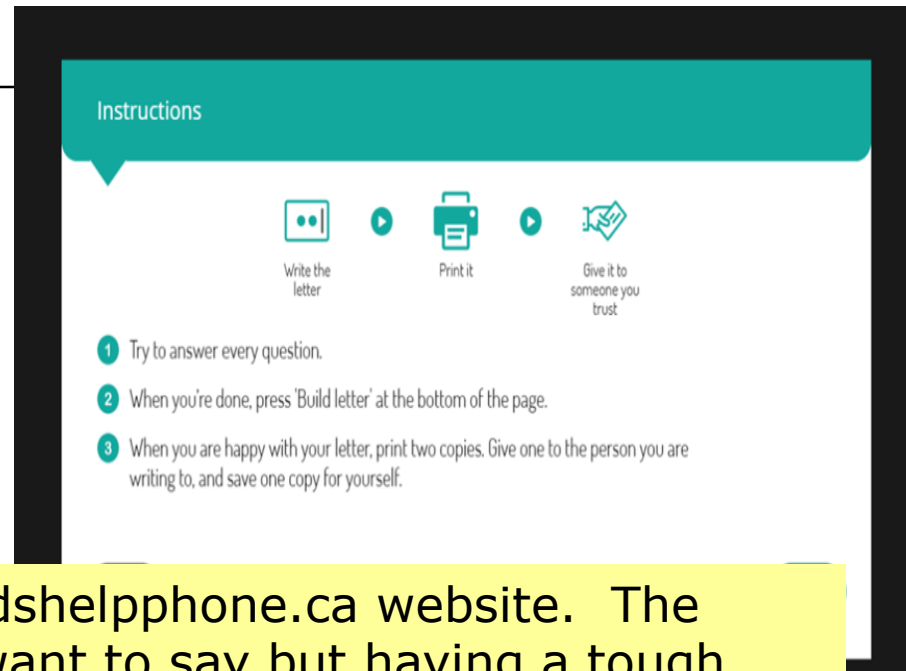
24/7/365

Kids Help Phone 🗨️

1-800-668-6868
KidsHelpPhone.ca

Have you ever checked out the Kidshelpphone.ca website? It's FULL of resources of how to help YOU or how to help a friend. One tool they have is the incident report. If something happens, write it down! This can be helpful if it's going to be a few days before you can share this information with someone in person and it helps track the severity of an issue – is it escalating? Is it getting worse?

Kidshelphone.ca “Letter Builder”



OMG! We LOVE this feature of the kidshelphone.ca website. The Letter Builder. Have something you want to say but having a tough time getting it out! Write a letter. The feature walks you through what you want to say and to who. Then when the letter is done, you can print it and give it to someone or save it and send it to them as an attachment. This can be really helpful to you but also your helper. They get a chance to read it in private too. It might help them work through their response. “wow! I didn’t know. Thank you for telling me. Now that I’ve had some time to think about this, I think this is what we should do ...”

Mon Mar 02 2020

Dear lacey,

I have a problem that is hard for me to talk about. It's been going on for about 2 weeks . I am worried about my safety

Here's what's been happening:
when i go to the hockey game cubby is following me everywhere

It's making me feel:
i find it really creepy especially because he never says anything

I would like this situation to change. I would like you to help me:
Talk about it

Also, i trust you and you are a nice person

Thank you,
Jackie

You work through the questions and Bammm! Just like that, you have a letter you can share with someone!



Proudly servicing Ontario youth  CRA #: 852140441RR0001

Sign-Up for FREE

You can start using online counselling today.

SIGN UP

Wes for Youth Online.ca offers free, confidential counselling to youth in Ontario ages 13 to 29. Youth can self-refer. There are different counsellors to choose from. You pick the one that feels like the best fit. How do you get started? Just click "sign-up".

Home Page: Information verification

Wes
for youthonline.ca
Counselling
and Support Services

*your life is
worth living ...
we want to
help!*

Home Resources

SIGN OUT 🔑

We warmly welcome you, Wes for Youth. Today is March 3, 2014.

Home

Profile

Address: 427 Durham Street East
City: Walkerton
State/Province: ON
Phone: 5195073737

more...

Private Conversations

You have 0 new message(s).
You have 0 unsent message(s).

Status	Subject
	Registration Concern Description...

more...

Questionnaires

Status	Name
	Wes for Youth Online Registrat...

Once you are registered, every time you log-in to the service, this is what you will see. Only you can see your personal information. But you can also see if there are messages waiting for you. And look, there's even a line for "oops, I wrote a message but it didn't send. I better fix that!"

Messaging System: New messages

The screenshot shows a web interface for 'Wes Youth Online'. The top navigation bar includes the logo 'Wes Youth Online' with the tagline 'Counselling and Support Services'. On the right, there is a quote: 'your life is worth living... We want to help!' next to a photo of a man in a green shirt. Below the navigation bar, there are buttons for 'Home' and 'Resources', and a 'SIGN OUT' link. A welcome message reads: 'We warmly welcome you, Dustin. Today is March 3, 2014.' The main content area is titled 'Private Conversations' and features a 'Send' button. Below this is a form for composing a message to 'Daphne'. The form includes a field for 'Give a title to this Conversation:' and a rich text editor with various formatting options like bold, italic, underline, strikethrough, bulleted list, numbered list, link, unlink, text color, background color, and indent. The interface is clean and user-friendly, designed for a youth counselling service.

Now you are ready to start. Here's where you craft your first message. Your counsellor's name is at the top. You can give it a title. "frustrated", "heart-broken", "struggling", "unsure of where to start", "here goes nothing!". You pick!

I am really nervous and I am not sure where to start? I guess first thing is my Mom and Dad told me they are getting a divorce and my Dad moved out to an apartment about a month ago.

Daphne Williams

March 4, 2014 at 12:32 pm

Wow! First of all ... I am so sorry for what is going on in your family right now. Did you have any idea that your parents were having difficulties in their relationship ... or did it come as a surprise to you? Can I ask how they told you that your Dad was moving out. And was your Dad home for a little while after they told you? I'm understanding that you are living with your Mom. Is that true? Was there a decision made regarding who you would live with? Who made this decision? And are you okay with this decision? And another question [and I am sorry for all the questions right now it helps me get to know you a little] .. what is your relationship like with both your Mom and Dad? Before your Dad left ... and now?

When parents separate it is difficult for kids of any age especially when we do not expect it. As you now know all to well ... it changes a lot more than just who is living where. Both your Mom and Dad will have a whole lot of feelings about this change in their lives and may be angry, hurt, sad ... or all of them. And then there is the challenge of where you want to be and how you are feeling

So, very, very difficult. Am I understanding a little what it is like?

I am having trouble concentrating on school and do not want to go.

Daphne Williams

March 4, 2014 at 12:32 pm

What was school like before your Dad moved out? Did you have trouble concentrating before ... or has it really begun in the past month? Or maybe become more difficult? If it is 'just' since he left ... then these difficulties are completely understandable. If it was happening before ... then perhaps there is something else going on as well.

... and although you do not want to go to school ... are you still going? Do you like your courses this term? How did you do last term?

I have a boyfriend but we have been fighting a lot because he said I never want to do anything any more

Daphne Williams

March 4, 2014 at 12:32 pm

How long have you and your boyfriend been going out with one another? Were you fighting with one another before your parents separated? Or are you fighting now ... as you say 'because' he is saying you do not want to do anything anymore? And ... that is pretty normal right now. It's just how we help him understand that you are going through a lot right now ... and need a little time to make sense of all the changes. Is he easy to talk to usually?

Life changes like you are experiencing so often cause all areas of our life to feel worse. And even that nothing will feel 'normal' again. And, yet Jenn ... although it's hard to believe right now ... things will begin to feel normal again at some time. Do you have girlfriends you can talk with? Who can support you right now?

Do you have any brothers or sisters? Are they younger than you are ... or older?

And here's an example of a response. Your counsellor gives you feedback, support, advice and reassurance, right in your message. After a few messages back and forth, you and your counsellor may choose to have a real time conversation over phone. That is also an option.



Keystone Child, Youth & Family Services is our Lead Agency for mental health supports for those under 18 in Grey and Bruce and their families. Currently, through the COVID-19 pandemic, they are still accessible but through phone and online chat features. Our best advice is always if you ever catch yourself saying “my kid is doing this and I’m not sure if I should take them to see someone” is always a great reason to call Keystone and ask!!!



FOR CLIENTS

FOR PRIMARY CARE
PROVIDERS

Welcome to Bounceback[®]!

If you're experiencing low mood, depression, and anxiety, BounceBack can help. Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive.

OMG! We LOVE Bounce Back! It's a GAME changer! Minimum age is 15. AND you can self refer! There are many different ways to access it! You can refer and get connected to a coach who talks to you about what you're looking to learn about. It is important to note, you do need a Doctor, Psychiatrist or Nurse Practitioner. You don't need their permission, you just need to have a name to put in that section. And then as you work with the coach, they send them updates for your chart. That way all of our helpers are working together to help you best

BounceBack®
reclaim your health
Short Format Booklet Descriptions



15 tips that help you put the changes you want to make in action, and to get the most out of these booklets.



Take
think
bad t
Amazing
Program
to be



Want to know what makes you tick? Get an understanding on how your responses to outside events can affect your thoughts and feelings, and what to do about them so you can start feeling good again!



Build
your
learn
help
thing



When it seems like too much trouble to even get out of bed, you need this booklet. It helps get routine back into your day and provides real-life suggestions on how to get fun back into your life!



Want
friend
just s
your
with

BounceBack®
reclaim your health
Workbook Descriptions



Core depression workbooks Core anxiety workbooks Optimal workbooks

BounceBack®
reclaim your health
Youth Booklets



Booklet 1.
Write all over your bathroom mirror

This booklet makes the others work better. Learn 15 great tips on how to work with the other booklets and feel better sooner.

Booklet 2.
Why do I feel so bad?

Want to know what makes you tick? This booklet helps you understand how your responses to outside events can affect your thoughts and feelings. It shows how just a single altered thought can lead to sadness, tiredness, and even illness.

Booklet 3.
I can't be bothered doing anything

We've all said this to ourselves when feeling down. This booklet helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

Booklet 4.
Why does everything always go wrong?

If that thought sounds familiar, this booklet will teach you how to stop it from taking control of your



Here's some of the workbooks you can get. There are adult-specific, youth-specific and even "short" books if reading isn't your thing. The books are available in SO many languages! Don't have a Doctor? Reading isn't your best skill? Its okay. Bounce back has you covered! All the books are available by VIDEO on bouncebackontario.ca. Why wait! You can start RIGHT NOW!!!!

Be Safe is currently available in Ontario-wide

Be Safe is a mobile app that aims to help young adults make a decision about seeking help in a crisis.

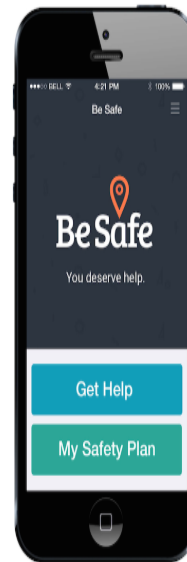
Be Safe is unique because it was developed in full partnership with youth and professionals. It is a systems navigation tool that helps youth find help when they need it, and supports them through the process of reaching out when it feels overwhelming.

By using information from our vast network of partners, Be Safe makes the process of finding the right help quick and easy.

🏆 So(cial) Good Design Award, 2015

🏆 Horizon Interactive Awards Winner, 2015

✉ [Subscribe to newsletter](#)



The Be Safe app

- Allows users to create a digital safety plan
- Informs users about mental health and addiction resources in their local community
- Directs users to the best options for their needs through a decision-making aid
- Creates a personal 'get help script' that helps users find the words to reach out
- Empowers the user to reach out safely



Download Be Safe Paper version

 English  French  Arabic

▶ [Video: How to use Be Safe](#)

BeSafe is just like it sounds. Your Safety Plan! Yup, your safety plan. Remember how we practice fire drills? We don't do it to HAVE a fire, just in CASE of a fire. So who wouldn't want a mental health safety plan? We should all have one! The BeSafe app helps you build that safety plan! Have you filled out your safety plan yet? What's stopping you?



mindyourmind.ca
reach out get help give help

This is a place for youth and emerging adults to access info, resources and support during tough times. Help yourself. Help each other. Share what you live and know.



Put your knowledge of gender identity, sexual orientation, and body image to the test.

Mindyourmind.ca is the bomb dot com. That is all! There is a help feature! Personal stories from celebrities and others. And so many tools. And when you're bored, so many games. They are truly ridiculous and will make you laugh!



You made the call... what's next?

So, you made the good decision to get yourself some help. You made your phone calls. Now you're wondering what it'll be like when you finally see someone.

You've taken a great step so far. Hang in there. This can be scary if you don't know what to expect — but you can take more control of your well-being by approaching your treatment well.

No matter what kind of professional you end up seeing, there are many tips on [navigating the mental health care system](#).

What should I expect in the first therapy session?

The first appointment is for your counsellor / therapist to get as much information as possible, but also to help you get comfortable. Your first visit will be different from future visits. Remember that you might feel better the next time you go.

You know what's most helpful about the help feature? It actually tells you what help LOOKS like! So you have your FIRST session with a counsellor coming up and you're not sure what's going to happen and you're NERVOUS! Well, read up on it here! It can really help to know WHAT they are going to ask before you get there. Like practicing up for a job interview. It's helpful to know the questions they are going to ask FIRST!

Explore

- [Obsession with Food: Part 1](#)
- [Ria, Musician](#)
- [How I Accidentally Wrote a Post that Spread...](#)
- [10 Tips to Help You Beat Your Fear of Flying](#)
- [ConnexGO: Help is Only an App Away.](#)

Stories

[Obsession with Food: Part 1](#)

[Whiplashed](#)

[Let Nothing In Life Stop You](#)

[A Mother, a Wife, and a Hero](#)

[more...](#)

Poetry

[You think the world would still be the same if you...](#)

[Is There More Than Alive?](#)

[Spare Change](#)

[What does happiness mean to you?](#)

[more...](#)

Artwork

[Free From Stigma Art Exhibit](#)

[mindyourmind 2017 Projects](#)

[mindyourmind 2016 Projects](#)

[Ottawa Newcomer Zine](#)

[more...](#)

Video

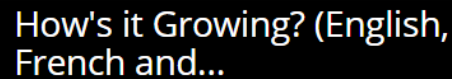
[The Archive Series](#)

[Halifax Videos](#)

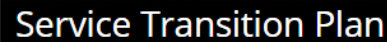
[Systems Change: How mindyourmind Involves Young People...](#)

[Stress vs. Anxiety \(English, French, Arabic &...\)](#)

[more...](#)



[How's it Growing? \(English, French and...](#)



[Service Transition Plan](#)

or get you thinking about your plan for being well.



[Anchor \(English and French\)](#)



[MIND Game \(English, French and Punjabi\)](#)

Explore

- [Obsession with Food: Part 1](#)
- [Ria, Musician](#)
- [How I Accidentally Wrote a Post that Spread...](#)
- [10 Tips to Help You Beat Your Fear of Flying](#)

It also has just "mindful" fun! So much art and creative expression techniques and activities. Let's right a story. Let's create some art together. Let's make some music together.



Anchor (English and French)



MIND Game (English, French and Punjabi)



MIND eLearning (English and French)



Bringing Home the Bacon



Reach Out Notebook



Reach Out 8-Bit

Explore

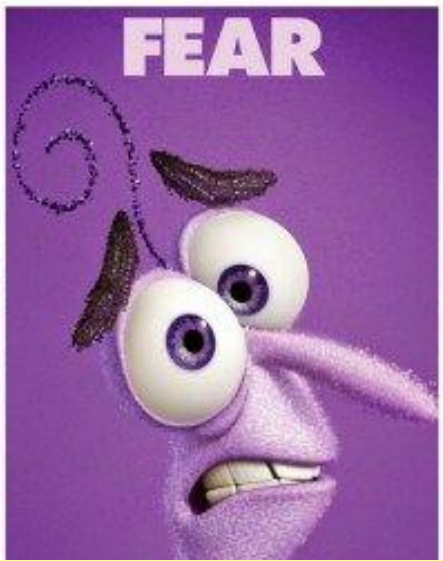
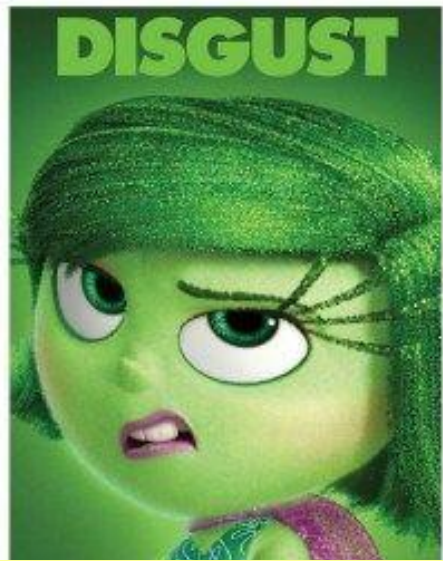
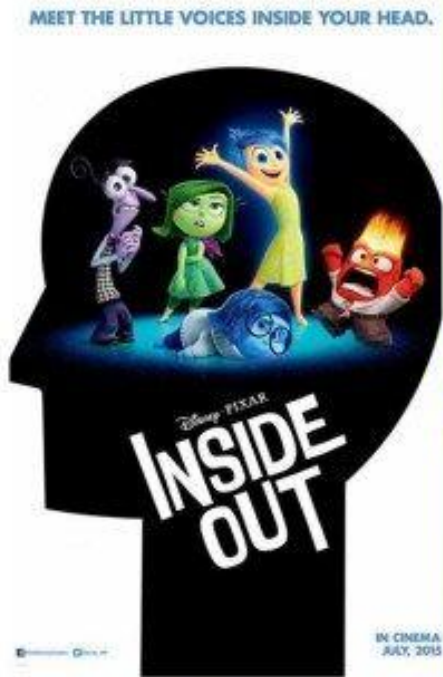
- [Obsession with Food: Part 1](#)
- [Ria, Musician](#)
- [How I Accidentally Wrote a Song that Spread...](#)
- [10 Tips to Help You Beat Your Fear of Flying](#)
- [ConnexGO: Help is Only an Arm's Length Away.](#)

And we love their games!

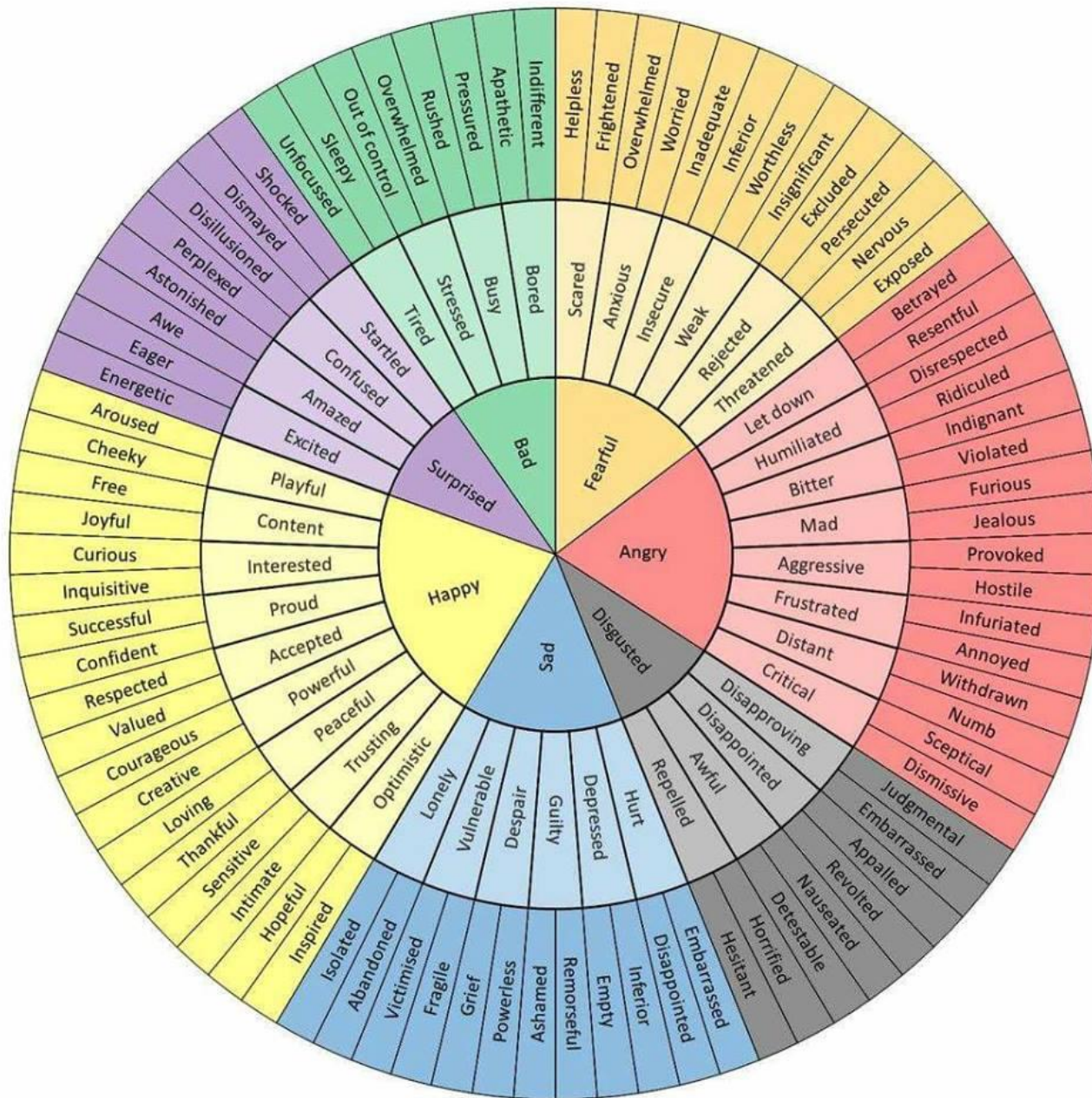


www.alamy.com - E5PABG

Wanna try something? We love smarties because they are colourful, they taste yummy AND they have the kids help phone number on their box. BUT with all the colours, it's a great way to talk to people. Hey, for every red smartie in your box, tell me something that makes you angry. For every yellow smartie, tell me something that makes you happy.



Sound familiar? Well, it's kinda like the colours from the "Inside Out" movie!







And here's even MORE feelings! Can you come up with something for EVERY feeling??? Betcha can't!!!! ;)



THE
Mental Health
Crisis Line OF GREY & BRUCE

24-Hour Confidential Helpline
1.877.470.5200

The Mental Health Crisis Line of Grey Bruce has been offering a friendly, non-judgmental ear for residents of Grey Bruce ages 16 and up for years! Don't let the word "crisis" throw you off. They are there to listen to anything, big, small or in between. This is a service for people of Grey Bruce so it can be tricky if you have an "out of town" cell phone. If it doesn't work from your phone, call from a local land line and have your number "added" so that its recognized. If the helper feels you need additional supports, they can help facilitate that.

-  Call
-  Chat
-  Email
-  Directory



Order Promotional Materials

ConnexOntario provides free marketing resources. All resources promote our information and referral service. Free shipping. [Order Now.](#)

Quick Facts

- [> Drug and Alcohol](#)
- [> Mental Health](#)
- [> Problem Gambling](#)

Take the Quiz

- [Mental Health and Addictions](#)
- [Problem Gambling](#)

 Looking for help?
Click here to chat with our agents, available 24/7 

Connexontario.ca is just that. A place that lists all ministry funded help in the province of Ontario. There's some sheets listing some of the common symptoms of the different mental health issues and illnesses. There's even a safe space to take a survey of your mental health. Like going for a "dental check up", it's a safe space to take a "mental check up". And when the check up is done, you can Connect with a helper if you need it – by phone, email or chat.



For everything and anything, there is ALWAYS 211. A 3 digit phone number that will connect you to a live person. They have access to a HUGE data base of all things municipal and social services. How do I get EI? What are the new changes to garbage pick up? Where can I access a good food box? What if I need help but I don't know the right place to start. The 211 phone helpers have all that and MORE information. Sometimes they can tell you about additional supports you didn't even THINK of! That's their job and they love doing it! 😊



“But what if I’ve done all the above and I’m not feeling better or I need help right now!” As of January, GBHS has opened a new room, adjacent to the Owen Sound Emergency Department, that offers a safe, calm and quieter environment, where patients can get focused counseling sessions; group sessions (educational, skill-based, treatment support); and linkages to other relevant services such as the “Rapid Access Addiction Medicine” program, Family Support, Peer support and more. They can accommodate 6 to 8 persons a day and are available 24/7 through the COVID-19 pandemic. Otherwise they run 8 to 4 Monday to Friday and 24 hours on weekends.



Thank you for your time!

Jackie Ralph

CMHA - Grey Bruce

519-371-3642 ext. 188

jralph@cmhagb.org

SafeTALK and MHFA Instructor
ASIST trained