

Building Your Personal Support Team: Post-Secondary

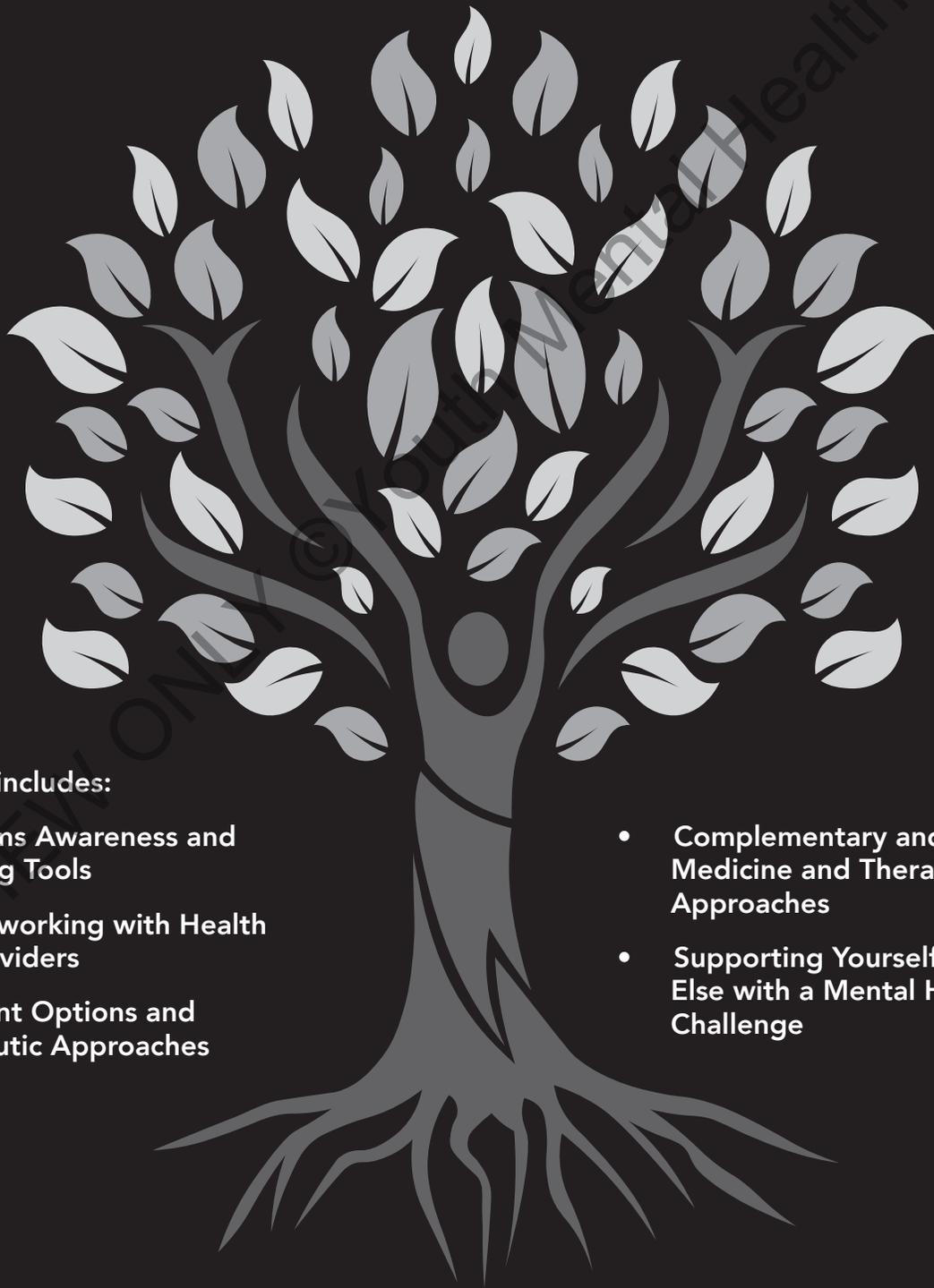
Find the supports available at your school and complete the chart.

Service	Contact info	Hours of service	Services available
Kids Help Phone			
Good2Talk			
Student mental health organization			
Student Wellness Centre			
Student Accessibility Services			
Ombudsperson			
Counsellor			
Other:			

Health Care Providers

Position title	Job description
Child and Youth Worker	(CYC) is a profession which focuses on the developmental needs of children and families. Child and Youth Workers provide assistance and counselling to children and youth going through difficult situations. They provide psychological guidance and support, as well as taking legal actions when required.
Clinical and Counseling Psychologist	They provide psychological treatment (psychotherapy), administer and interpret psychological assessment and testing, conduct psychological research, teach, develop prevention programs and provide consultation.
Family Physician	Family physicians are medical doctors who can diagnose mental health challenges, prescribe medication, order tests and make referrals.
Nurse Practitioner	A nurse practitioner is trained to assess patient needs, diagnose illnesses, order and interpret diagnostic and laboratory tests, diagnose illness and disease, prescribe medication, interpret diagnostic tests and formulate treatment plans.
Occupational Therapist	A person who helps a person improve symptoms and coping skills.
Pharmacist	A person who focuses on the safe and effective use of medication.
Psychiatrist	A medical doctor who diagnoses and treats mental, behavioral or emotional disorders. They can prescribe medication, provide psychotherapy, individual or group therapy, admit and treat patients in a hospital.
Psychologist	A clinician who specializes in the study and treatment of the mind and behavior. They can conduct psychological tests to measure intelligence, personality and symptoms and provide psychological counseling and treatment.
Psychotherapist	A person who helps with mental or emotional illness by talking about problems and underlying issues.
Social Worker	A person who helps individuals, families, groups and communities to enhance their individual and collective wellbeing, often by using psychological treatments.
Alternative Health Care Approaches: Naturopath, Homeopath	Natural healing therapies are often used along with other more conventional approaches. These approaches focus more on preventing illness. They promote self-healing and healthy living. They work to improve your overall well-being - mind, body and spirit.

WHAT TO DO WHEN YOU ARE STRUGGLING WITH YOUR MENTAL WELLNESS



This section includes:

- Symptoms Awareness and Screening Tools
- Tips for working with Health Care Providers
- Treatment Options and Therapeutic Approaches
- Complementary and Alternative Medicine and Therapeutic Approaches
- Supporting Yourself or Someone Else with a Mental Health Challenge

Step #1: Symptoms Awareness

Bring this list to your health care provider.

When did the symptoms start? Is there anything triggering them and making them worse?

Symptoms	Describe: how long, how often, how intense
Sad	
Restless, irritable, grumpy	
Difficulty concentrating	
Loss of interest in things, situations (that normally interest you)	
Tired	
Change in sleep patterns (how long, quality of sleep)	
Weight change	
Thoughts of suicide	
Feelings of hopelessness, despair, gloom	
Other:	

Name	Description
Cognitive Behavioral Therapy (CBT)	CBT focuses on recognizing negative thought patterns and explores methods to stop behaviors and thoughts.
Interpersonal Therapy (IPT)	IPT helps you learn how mental health challenges can be caused or made worse by issues in your relationships with other people.
Behavioral Activation (BA) Therapy	BA is a treatment that helps you replace negative behaviors with behaviors that can help you feel better. Treatment can be with a therapist or with the help of online tools or mobile applications.
Dialectical Behavior Therapy (DBT)	DBT has been proven useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm, and substance abuse.
Mindfulness-Based Cognitive Therapy (MBCT)	Focuses on use of CBT techniques and meditation, breathing and other coping strategies.
Peer Support and Interventions	Involves talking with others who have experienced similar struggles
Internet and Telephone-delivered CBT Therapy	The use of phone communication, computer programs, mobile apps or email to deliver various types of therapy, often CBT and IPT.
Psychotherapy	Focuses on understanding feelings, thoughts and behaviors.
Attachment-Based Family Therapy (ABFT)	Family-based therapy to reduce depression and suicide risk in youth.
Integrated Cognitive Behavioral Therapy (I-CBT)	Social cognitive behavioral theory to help youth change maladaptive behaviors and thoughts.

How Do I Make a Mental Wellness Safety Plan?

The best kind of safety plan is one that can help give you some perspective when you're feeling low.

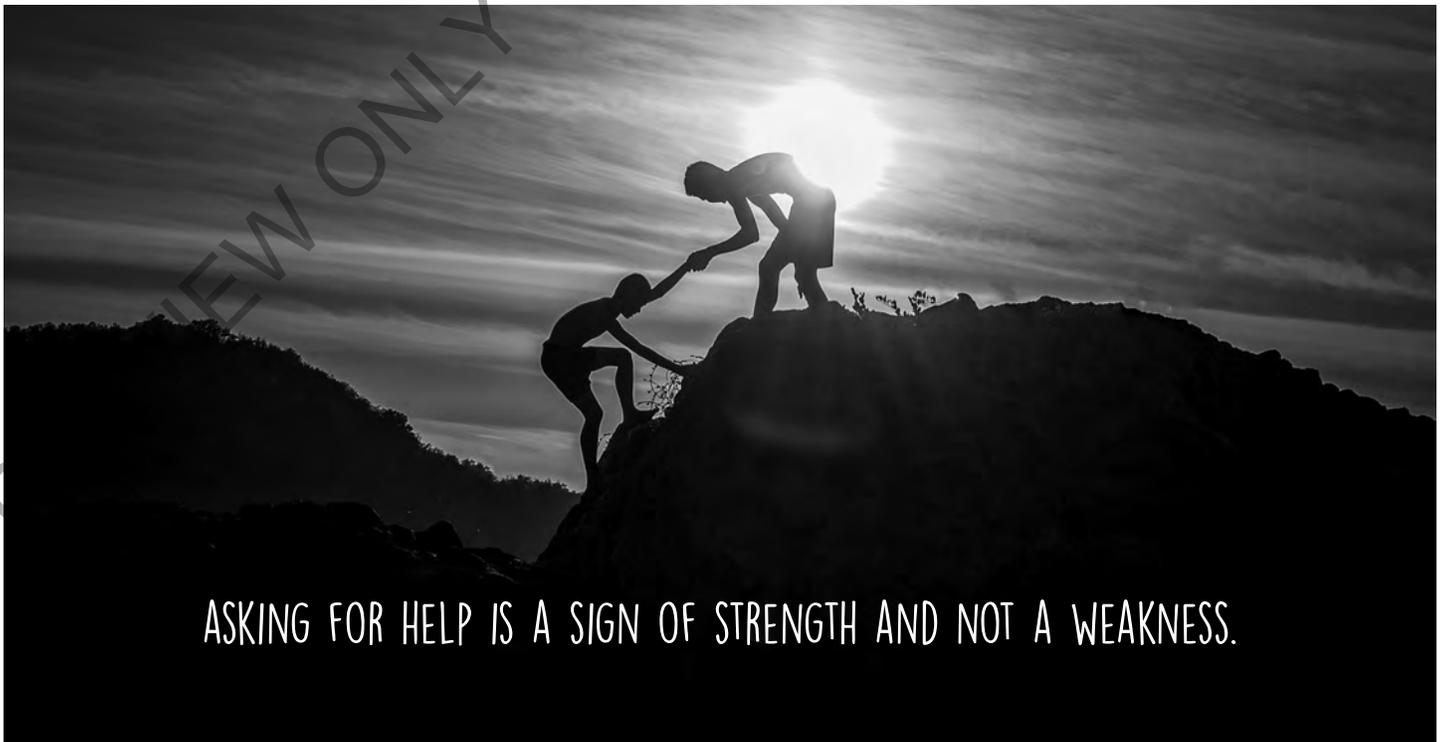
When you are developing a mental wellness safety plan of strategies to deal with bad days, it is important to be honest about what things you will actually do if the time comes.

Who needs a mental wellness plan?

We believe that everyone needs a plan of action made when they are feeling mentally well and healthy to support them when they are not.

A good plan will:

1. Identify people willing to help
2. List the phone numbers of mental health organizations and mental health crisis numbers
3. Include a list of your current medications and their dosages
4. List treatments that you have used in the past (CBT, DBT, etc.)
5. Identify key words or calming techniques that have worked for you in the past
6. Identify your preferred treatment facilities



ASKING FOR HELP IS A SIGN OF STRENGTH AND NOT A WEAKNESS.

Calling For Mental Health Support

Calling or texting a crisis line

Kids Help Phone is 24/7

You might be waiting quite awhile before you can speak or text with someone.

Here are some things to consider when you communicate with someone.

What happens when you contact a crisis line?

The person you will communicate with has received extensive training. They do their job because they are compassionate people who want to help others. They will not judge you. They will listen to your story to understand how you are feeling and what support you need.

- They will ask you how you are.
- They will ask you if you are safe.
- They will ask you what you have tried before that worked when you were struggling.
- They will ask you if you are at risk of suicide. They will ask questions to understand if you have thought about suicide and/or if you have a suicide plan.
- They might ask you if you have a safety plan with people in your life who support you. They will help you develop a safety plan with self-care options, friends and family who can support you.
- They might provide follow-up services with a Mobile Crisis Intervention Unit.



Language About Mental Health

Look at these ways people have been described and think of other language we could use to put the focus on people and not on their disability.

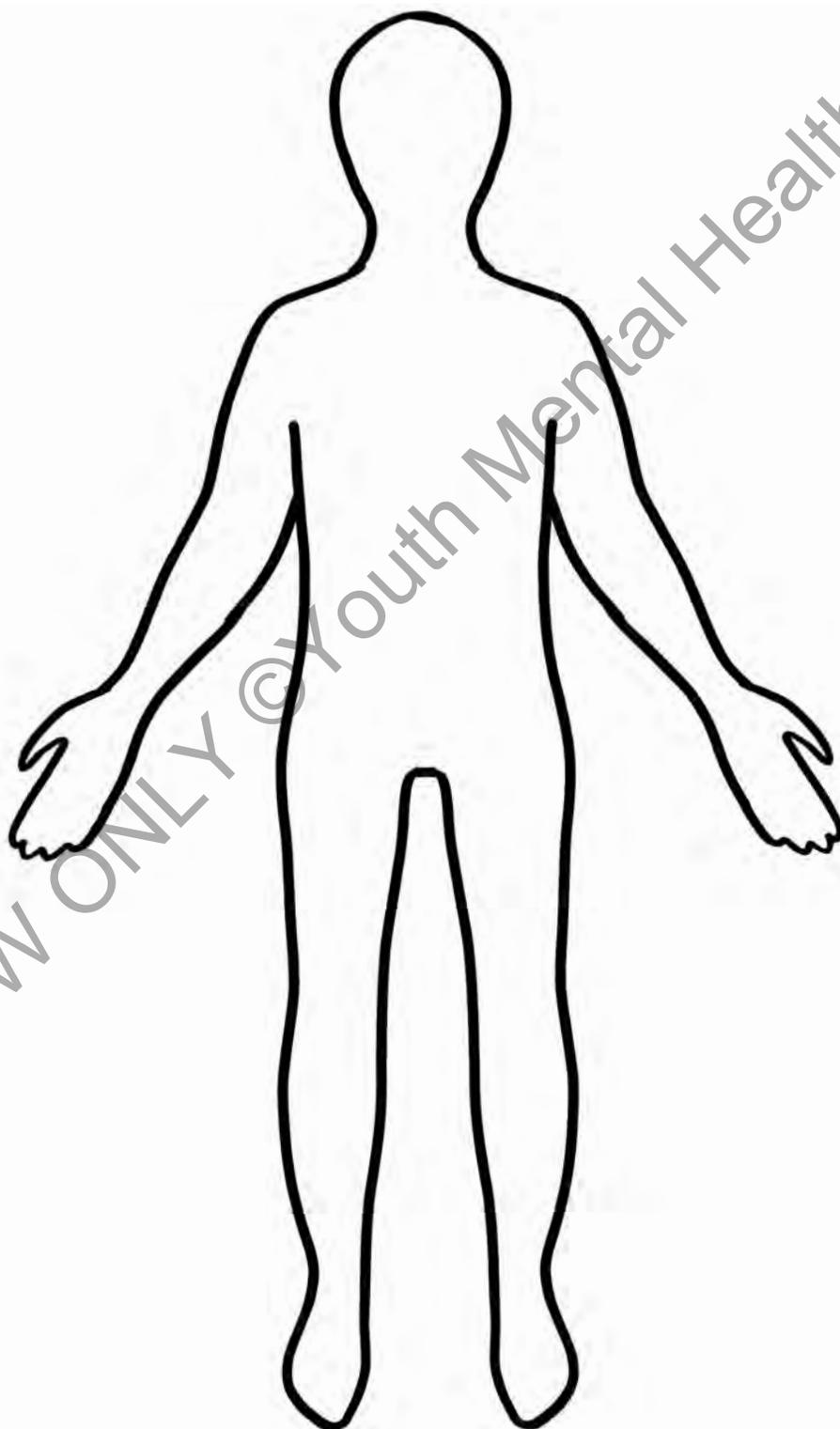
Develop positive ways of describing people with mental health disabilities.

Negative ways	Positive ways
"Mentally ill youth"	
"Crazy"	
"I'm so OCD"	
"You're really bipolar"	
"I didn't do well on my exam. I'm so depressed."	
"Normal"	
"Emotionally disturbed"	
"Psycho"	
"Happy pills"	
"Wacko"	

Body Awareness

Where in your body do you feel intense emotions?

Identify the parts of your body that are affected by stress and intense feelings like anger, fear, anxiety, sadness and despair.



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Stress: What is it?

Stress is the response in our body and mind to change, challenges and difficulties.

Stress is a reaction to:

- Events and situations that are unpredictable or unfamiliar
- Situations and issues that seem out of control
- Events and situations that are important to us

It is normal to have stress in life. Normal stress is reacting to challenges and then relaxing. The body works to protect you when you are experiencing stress.

Chronic stress is cumulative events and situations over a long period of time. You might not be able to determine the cause or causes. Living with stress might become a way of life. Your mind and body might not relax.

