

## Mental Health: Take Time to Talk.



**"Mental health is something that we all need to talk about, and we need to take the stigma away from it. So let's raise the awareness. Let's let everybody know it's OK to have a mental illness" -Demi Lovato.**

Mental illness affects us all -1 in 5 Canadians struggle with mental illness, and since it is an invisible disability many experience stigma on top of their condition. In order to help overcome the stigma and help those that are suffering, it is important to 'Take Time To Talk.' Talking can take the form of checking in with a friend, talking about mental health more generally or learning about statistics so you can educate others. CAMH notes that "the stigma attached to mental illness often delays or prevents a person from seeking the help they need. As a result, people often struggle in silence, which only compounds their pain and suffering."

### **Why is this important?**

From adults to youth, mental health-related issues affects us all:

- 70% of mental health problems have their onset during childhood and adolescence.
- Youth people aged 15-24 are more likely to experience mental illness than any other age group
- During Covid, 52% of Canadians noted that their mental illness had gotten worse.

This DIY challenges you to learn more about mental illness and break the stigma by talking to your family, friends and peers about the importance of mental health.

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DYK? By the time Canadians reach 40 years of age, 1 in 2 have—or have had—a mental illness (CAMH). Additionally, mental illnesses are the leading form of disability in Canada.

### Activity Steps:

- Create a [Word Cloud](#) based on mental health and share with PIN. Check out [this one](#) as an example.
- Learn about the impacts of the Covid-19 Pandemic on residents, including youth, of Guelph & Wellington. Review [this report](#).
- Reach out to a friend or community member and check in on how they are doing.
- Learn about local organizations that have a mission for mental health and awareness in Guelph.
- Watch this [video](#) and this [one](#); both discuss mental health and breaking the stigma.

### Reflection

- What did you learn about this activity?
- Think about how mental illness affects us all - How can you support your friends and family?
- Think about actions you can take personally for your own self-care

If you or someone you know is struggling with mental illnesses, please reach out to HERE 24/7 at 1-877-688-5501 or through Kids Help Phone by phone, 1-800-668-6868, or by text,



### PIN Points:

PINnetwork.ca hosts two databases to explore

1. Volunteer Opportunities supporting [mental health](#).
2. Community Information including [organizations that focus on mental illness](#)