



Mental Health

a guide to action

The following guide was created in partnership between **The Sun Life Financial Chair in Adolescent Mental Health** and **TakingitGlobal**.

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Our vision is to help improve the mental health of youth through the effective translation and transfer of scientific knowledge. We create, develop and deliver nationally and internationally recognized research for youth and about youth, to improve the disability caused by mental disorders in young people, as well as to increase understanding and combat stigma and discrimination. We offer training programs, publications, tools and resources that can be used by young people, their families and professionals to enhance the understanding of adolescent mental health issues. We collaborate with youth, health care providers, policymakers, schools, the business community, non-profit organizations and the general public.



TakingitGlobal

Our Vision

Youth everywhere actively engaged and connected in shaping a more inclusive, peaceful and sustainable world.

Our Mission

We enable a collaborative learning community which provides youth with access to global opportunities, cross-cultural connections and meaningful participation in decision-making.

For an electronic copy of this guide, please visit:

www.teenmentalhealth.org/guide2action

OR

<http://www.tigurl.org/mh-guide>

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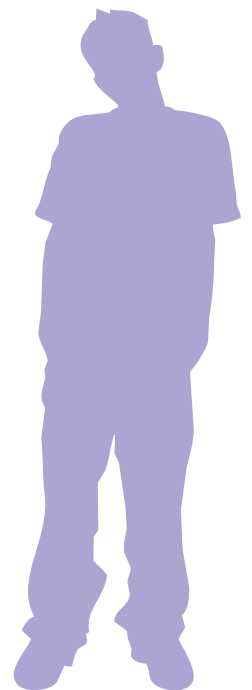


Section One: Welcome

This guide is designed by young people, for young people; to help you understand the issues that matter to you and your health. You may be surprised to hear that 1 in 5 young people live with a mental illness, and that many mental illnesses develop during adolescence. Although you may not suffer from a mental illness, chances are you know someone who has or who has been diagnosed with a mental disorder. It is important to remember that even if you don't have a mental illness, everyone has mental health, and there is no health without mental health!

This is an important time in your life. As you know, getting older is filled with exciting challenges and transitions, as well as changes and uncertainty. For most people, the related stress is temporary and manageable, and this guide provides you with tools that can help you live a happy and healthy life. You can use this guide to get inspired, informed and involved in making mental health a priority personally, in your community, and around the world!

At **TakingITGlobal** and **Teenmentalhealth.org**, we believe that any young person can be a leader provided they are given the tools and support they need to take action, and we strive to give young people a voice. That's why you can read about inspiring youth who are actively promoting awareness and acceptance about mental illness throughout this guide. You can also hear from courageous youth sharing their stories about how mental illness has affected their lives. To start, read below to hear young people share what mental illness means to them.



Mental health means having a healthy state of mind, healthy thought & healthy emotions.

Dave, Australia

I see mental health as a feeling of peace with the world and with oneself.

Amanda, United States

I believe mental health is a state of awareness about your mental state - to a level where you are capable of not only knowing that you need help when you need it, but also capable of reaching out for it. If this state is maintained I believe a person is mentally healthy.

Abishek, India

Mental health is a balance of mind, body, and spirit

Rachel, Uganda

Now that you've heard from other young people, here are a few questions to get you thinking about mental health:

What does mental health mean to you?

What are the causes of mental illness?

How would you feel if you found out someone you know had a mental illness? How would you treat him or her?

Section Two: Identify and Get Informed

This section will help you identify and understand the causes of mental illness, and learn more about the types of mental disorders most common in young people.

Now that we've got you thinking, test your knowledge with our Myth or Fact Quiz!

Mental Illnesses...

May occur spontaneously

fact

Are usually the consequence of poor parenting or bad behaviour

myth

Due to the expected stress of everyday life

myth

Derive from brain dysfunctions – brain disorder

fact

Are caused by poverty

myth

“Mental Health to me is about balance. We cannot expect to be happy or satisfied all the time. Anxiety, loss, melancholy, sadness and other negative emotions are a natural part of life and can actually make people grow and become stronger and wiser.

Veronica, Sweden”

Mental health Basics

Mental Health

“Mental health is the emotional and spiritual resilience that enables us to enjoy life and survive pain, disappointment, and sadness. It is a positive sense of wellbeing and an underlying belief in our own and other's self worth.” *(Health Education Authority, UK, 1997)*

Mental Illness

Mental illness is a term that describes a variety of psychiatric (emotional, perceptual, thinking and behavioural) problems that vary in intensity and duration, and may recur from time to time. Major mental illnesses include Anxiety, Mood, Eating, and Psychotic Disorders. Mental illnesses are diagnosable conditions that require medical treatment as well as other supports.

(www.cmha.ca)

Mental Health Problems

Mental health problems refer to the more common struggles and adjustment difficulties that affect everybody from time to time. These problems tend to happen when people are going through difficult times in life, such as a relationship ending, the death of someone close, conflict in relations with family or friends, or stresses at home, school or work. Feeling stressed or having the blues is a normal response to the psychological or social challenges most people encounter at some time or another. Mental health problems are usually short-term reactions to a particular stressor, such as a loss, painful event, or illness.

(*Mental Illness Foundation, 2003*).

So What Exactly is Going on up There, Anyway?

Your brain is like any other part of your body, and mental illness is just like a physical disease. When something isn't working quite right, you get sick. Like a physical illness, mental illness needs care and treatment. And, like many physical illnesses, with the right treatment most people with mental disorders are able to live healthy and productive lives.

Okay, So How Does a Brain 'Get Sick' in the First Place?

Mental illness can occur when the brain (or part of the brain) is not working well or is working in the wrong way. When the brain is not working properly, one or more of its six functions will be disrupted (thinking or cognition, perception or sensing, emotion or feeling, signalling, physical functions and/or behaviour) When these malfunctions significantly disrupt a person's life, we say that the person has a mental disorder or a mental illness.

Mental health is being able to enjoy life to the maximum and making balance in my social and personal life.

Nathalie, Lebanon

There is no one cause of mental illness, and the causes are complicated. Mental illness arises as a result of genetics (the effect of genes on brain development and brain function) and environment (the effect of things outside the brain on the brain – such as infection; malnutrition; severe stress; etc.). The environment and genes interact in complex ways to create mental disorders.

As the information above has shown you, mental illness is a disorder of the brain, just like liver disease is an illness of the liver. Similar to physical illness, mental illness is not something that you can just 'snap out of' and it is not due to personal weakness. Mental illness has to do with brain chemistry and brain function and has nothing to do with a lack of willpower.

Mental illness is due to a number of complex factors beyond our control. Luckily, for many of us, getting help is something we can control.

Now that you know some general facts about mental illness, this guide will break down some of the more common mental illnesses found among youth.

Mood Disorders

Everyone has bad days or feels low once in a while but when someone has a mood disorder, their moods are more extreme and last much longer. One type of mood disorder is depression but mood disorders can also include extreme highs, called mania. This is when someone has beyond too much energy and is thinking too rapidly. Although that may sound great, when a person is in a manic state they can actually get into some serious trouble with their reckless behaviour.

Major depression ▶ Major depression is much more than the blues. A person affected will be depressed from several weeks to even months and this low mood really gets in the way of doing their daily activities such as doing well at school, having friends or getting along with family members. **Bipolar disorder** This is when someone may have serious depression for a period of time and then their mood completely changes to the opposite with extreme highs or irritability and anger. These mood swings vary from mild to severe. They also may change for no apparent reason.

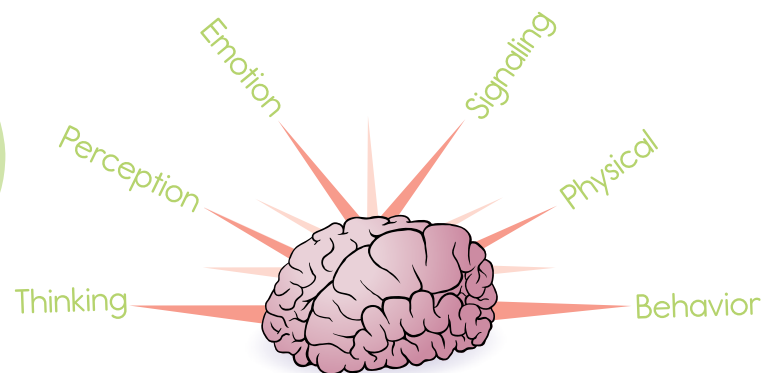
Bipolar disorder ▶ This is when someone may have serious depression for a period of time and then their mood completely changes to the opposite with extreme highs or irritability and anger. These mood swings vary from mild to severe. They also may change for no apparent reason.

For more info check these out:

www.mooddisorderscanada.ca

www.teenmentalhealth.org

www.mcf.gov.bc.ca/mental_health/pdf/dwd_printable.pdf



Anxiety Disorders

Everyone feels anxious sometimes (like before an exam, during a first date, etc.). but an anxiety disorder occurs when worries, nervousness and anxiety take over a person's life. This disorder is common and there are several types, which include:

Panic disorder ▶ People with panic disorder experience intense episodes of dread or terror for no apparent reason. Their heart will race and they may get dizzy, have sweaty palms, get short of breath and think they are dying.

Agoraphobia ▶ This is when someone avoids situations in which they could feel trapped or places where they are out of their comfort zone. The fear can be so intense that it leads some people to become housebound.

Social phobia ▶ People with social phobia are afraid of being judged or embarrassed by others, so they avoid everyday social situations such as ordering food in a restaurant, speaking in class or asking for directions even if they're lost.

Specific phobia ▶ This is a fear and avoidance of a specific situation or object. For example, fear of heights or spiders.

Obsessive-Compulsive Disorder (OCD) ▶ is characterized by recurring, unwanted anxiety-producing thoughts or feelings (obsessions) and repetitive, unwanted behaviours (compulsions). For example, fear of germs or constant hand-washing. The excessive amount of time given to these obsessive thoughts and compulsive actions interferes with relationships and daily functioning.

Generalized anxiety disorder ▶ This is excessive worrying about everyday activities, beyond what is normal. This worry leads to restlessness, difficulty concentrating, irritability, muscle tension, headache, fatigue and sleep disturbances.

Psychosis ▶ Psychosis is a brain disorder that affects a person's thinking, perception and behaviour. Basically, the person may lose touch with reality for periods of time. People with psychosis may experience hallucinations, delusions and act unusually.



For more info check these out:

www.cmha.ca

www.psychosissucks.ca

Eating disorders

Eating disorders happen when a person's eating habits and weight concerns become a physical, mental and social problem. Eating disorders are in fact serious conditions that are much more than just about trying to lose weight.

There are various types of eating disorders, which include:

Anorexia Nervosa ▶ People affected by Anorexia Nervosa are very underweight due to starving themselves. They may also exercise excessively to burn off calories and they usually think they are too fat when they are actually very thin.

Bulimia Nervosa ▶ Most people with Bulimia Nervosa are a healthy weight or may be slightly overweight. The person with Bulimia Nervosa will often engage in binge eating (where they'll just eat everything they can get all at once). Usually, when they binge it's high fat foods that they prefer. This is followed by self-induced vomiting as well as abusing laxatives and diet pills.

ADHD

Someone with ADHD will have difficulty paying attention, be impulsive and have a hard time sitting still. His/her symptoms can vary from day to day and even from one hour to the next.

Some other symptoms include:

- forgetfulness
- easily distracted
- careless mistakes - lack of detail
- talks a lot
- has difficulty waiting
- he/she may experience a range of emotions and periods of frustration as well as issues with social functioning.

Emotional responses:

- anger and irritable outbursts
- low self-esteem
- demoralization
- anxiety

Social functioning effects:

- he/she may be bullied
- he/she may be an attention seeker, class clown
- disruptive behaviour

For more info check these out:

www.aa.org

www.aadac.com

Substance-related Disorders

There are two types of substance-related disorders: substance dependence and substance abuse.

What is substance dependence?

Physical substance dependence is when a person's body gets so used to the substance that he/she can no longer function without it in their system. Plus, his/her body needs more and more of the substance to feel the effects, so they build up tolerance. If he/she does stop taking the substance, his/her body will go through withdrawal, meaning they'll experience a range of uncomfortable symptoms.

Psychological substance dependence is when his/her thoughts become obsessed with using and obtaining the substance. They'll skip out on their responsibilities, miss school and neglect friends, all because their mind can only think about trying to get the next fix. It becomes extremely difficult to stop—this is called craving!

What is substance abuse?

Substance abuse is when a person continues to crave and abuse the substance despite negative consequences.

For more info check these out:

www.cmha.ca
www.caddac.ca
www.adhd.ca
www.camh.net

Self-injury

Self-injury is not really a mental illness but it can be a big sign that something is wrong. Self-injury is when someone causes harm to themselves on purpose without wanting to die. It often occurs together with a mental illness.

The reasons someone may try acts of self-injury vary, but may include:

- feeling a sense of emotional release
- gaining control over their body or relationships
- relieving anger
- self-hatred or guilt
- escaping feelings of emptiness or numbness, etc.

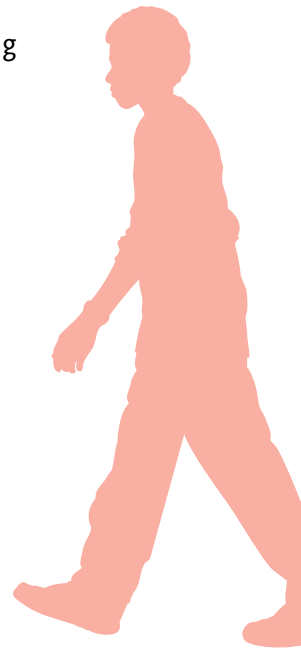
The forms of self-injury may include:

- cutting their skin
- burning their own skin
- breaking their bones or causing bruising
- self-biting
- overdosing on drugs (including over the counter or prescription drugs)

For more info check these out:

www.cmha.ca
www.nedic.ca

“I think mental health is a state of mind where one is totally aware of one's thinking, decision-making and behavioural changes”



SUICIDE IS REAL!

If you think someone you know is suicidal – ask them!!! Don't be afraid that you may be putting the idea into his/her head. They will be relieved that you cared enough to ask.

Here's what to do:

- Try to get them to open up and talk about how they're feeling.
- Do not be judgmental – just listen to them.
- Find out if they have a plan already in place.
- Do not leave him/her alone.
- You can't save him/her on your own!
- Tell your parents or an adult you trust.

CALL 911 or take them to the **hospital emergency room** immediately!



A leader is a dealer in hope

Napoleon Bonaparte

Section Three: What Can You Do? Lead & Get Others Involved

What YOU Can Do!

Now that you know the basic facts about mental illness, you're probably excited to get out and make a difference, but you may be unsure of where to start. This section of the guide will provide you with ideas about how YOU can take action. The first part of this section focuses on what you can do on a personal level to maintain mental health, or deal with a mental illness. The next section shows you how to get your school and community involved. Finally, you'll learn how to make a difference on a political level.

Your Mental Health

When you think about health, what comes to mind? For most people, your first thoughts are probably about physical health. This part of the guide will show you that just as you take care of your body, you need to keep your mind in mind.

As you've learned by now, everyone has mental health, even if you don't have a mental illness. Just like getting regular exercise or passing on that last slice of pizza, mental health is something that you have to work to maintain!

Here are 10 Tips for Mental Health from the Canadian Mental Health Association:

1. Build a healthy self-esteem
2. Receive as well as give
3. Create positive parenting and family relationships
4. Make friends who count
5. Figure out your priorities
6. Get involved
7. Learn to manage stress effectively
8. Cope with changes that affect you
9. Deal with your emotions
10. Have a spirituality to call your own



I used to spend all day in bed when I was feeling down, but I realized that just made me feel worse. Getting up and out the door can be hard, but fresh air, and seeing friends makes me feel so much better than moping in the dark

Ahmed, Algeria

Just as there are things you should do to maintain your mental health, there are also things you should avoid if you're feeling down. Here is a list of activities to stay away from if you are feeling blue or if you're susceptible to negative moods:

- Using illegal drugs
- Too much alcohol (e.g., "getting wasted")
- Spending your day in a dark room
- Listening to really negative music. (Music can have a HUGE influence on your mood!)
- Spending time with negative people

Your teen years and your twenties can be a stressful time. Dealing with issues like exams, friends, family, self-image, and sexuality can seem overwhelming for sure! Keeping the above tips in mind can help you keep stress off your mind. You may have your own strategies to stay mentally balanced and stress free. This could include talking to friends on the phone or online, listening to relaxing music, going outside and getting some fresh air, or just zoning out on the couch for an hour. If you are turning to drugs or alcohol to relax or get your mind off stressors, you may need to talk to someone-what you're doing may be causing more harm than good.

Reflection

What do you do to maintain your mental health?

Example: I make a 'to-do' list to keep from getting stressed.

Is there something you should be doing more of to ensure you stay mentally healthy?

Example: I should be getting more exercise. I'm going to make a pact with a friend to go for a jog together 3 days a week.

Adolescence is a difficult time for many people, and you will likely have times where you feel down, stressed, or confused. Remember, this is a normal part of growing up. However, if you feel this way most of the time, you may need to seek help. If you're worried that the way you're feeling may be more than just a bad mood, look through our checklist below.

Sometimes I'm too anxious to fall asleep at night. Keeping a journal by my bed and writing down what's worrying me helps me put it out of my mind and soon I'm sleeping like a baby.

Takuro, Japan

Signs of Clinical Depression:

- Feeling miserable for at least 2 weeks
- Feeling like crying a lot of the time
- Not wanting to do anything, go anywhere, see anyone
- Having trouble concentrating or getting things done
- Not having fun doing things you used to enjoy
- Having trouble sleeping
- Feeling tired and lacking energy – being unable to get out of bed even after a full night’s sleep
- Having a change in appetite
- Feeling like there’s a “glass wall” between you and the rest of the world
- Feeling hopeless or thinking of suicide
- Always putting yourself down and thinking you’re no good

If you often experience a number of these things, you may be depressed. Remember that you don’t have to be alone with these feelings, and that depression is treatable!

You may also want to take a look at the KADS-6 scale, available at: http://teenmentalhealth.org/pros_clinical.php

This scale was designed to help identify young people at risk for depression. Keep in mind this scale should be used under the direction of trained health care providers (such as public health nurses, primary care physicians) or educators (such as guidance counsellors).

Seeking Treatment

If you are concerned about your mental health, you should talk to someone about how you feel. Think about opening up to your parents, a guidance counsellor, or your family doctor. They can help you, or direct you to someone who can. Remember, even if it may be hard to talk about your concerns, the way you’re feeling is nothing to hide or be ashamed about. If you think you may need help it is important that you reach out to someone you trust.

Once you have spoken to a counsellor or a doctor about how you are feeling, you may be prescribed medication. Medication can be a very effective part of managing a mental illness, but it is by no means the only type of treatment or support that helps people recover, and medicines may not always be needed. A wide range of appropriate interventions, including medication, therapy, counselling, social, job and housing-related supports, as well as self-help and general resources for all community members (such as groups, clubs, and religious institutions) are also important in helping people recover and stay well. It is helpful to think of medications as often necessary but not sufficient treatments for many mental disorders. The best approach is to receive treatments that have been scientifically shown to be effective. Always ask your care provider about the evidence for the treatment suggested. Make sure you take a copy of Evidence Based Medicine for Patients, available at www.teenmentalhealth.org with you to your appointment!

“I was really nervous about talking to my university counselor about how little I was eating and how unhappy I was with the way I looked. But I knew my body couldn’t take much more of such an unhealthy lifestyle. Now my psychiatrist helps me deal with my eating disorder, and I’m happier and healthier than I’ve been in a long time!”

Anne, Netherlands

Sarah is the best sister! Even though she has Obsessive Compulsive Disorder, I still really enjoy chatting with her-she always has great advice.

Maria, Philippines

Recovery

As we mentioned earlier in this guide, although many mental illnesses are life-long, the symptoms are not always present. Recovery is possible in even the most severe forms of mental illness. With medication, therapy, counselling and appropriate care and support, people can live healthy, happy, and fulfilling lives. Below are some examples of strategies that can aid in the recovery from a mental illness.

- Mutual support (self-help groups)
- Social opportunities (drop-in centres, clubs and societies, volunteering, participating in community life, church groups etc.)
- Positive relationships (accepting and being accepted, family and friends communicating in a positive way)
- Meaningful daily activity (being able to work, go to school)
- Medication (sticking with a treatment plan, working with doctors to find the best medications with the fewest side effects)
- Spirituality (involvement in a faith community or individual spiritual practice)
- Inner healing and inner peace (finding a sense of meaning and purpose, even in suffering)
- Personal growth and development (hobbies, self education, taking control of one's life, exercise, personal goal setting)
- Self awareness (self-monitoring, recognizing when to seek help, recognizing one's accomplishments and accepting and/or learning from one's failures)

Support

Have a friend or family member dealing with a mental illness? Here are some strategies for offering your support. Just taking the time to listen and letting someone know you're there for them may have a big impact! In addition to the tips below, check out <http://www.teen-mentalhealth.org> where you can download resources designed to help youth learn how to cope with and support a friend or sibling living with a mental illness while ensuring you maintain your own mental health.

- Be supportive and understanding.
- Spend time with the person. Listen to him or her.
- Never underestimate the person's capacity to recover.
- Encourage the person to follow his or her treatment plan and to seek out support services. Offer to go with them to appointments.
- Become informed about mental illness.
- Remember that even though your friend may be going through a hard time, they will recover. Stand by them.
- If you're planning on going out with a group of friends, make sure to ask your friend along. Keeping busy and staying in touch with you may help your friend feel better.
- If you are a close friend or family member of someone who has a mental illness, make sure you get support as well. Crisis training, self-help and/or individual counselling will help you become a better support person.
- Put the person's life before your friendship. If you think the person needs help, especially if he or she mentions thoughts of suicide, don't keep it a secret – even if the person asked you to.



Maintaining mental health on a personal level is very important, but so is sharing your knowledge of mental health and mental illness with others. Despite the fact that mental illness affects 1 in 5 young people, it does not get the attention it so urgently needs. That's where you come in! Spreading the word about mental illness will help people to understand the problem, and take care of their own mental health. By helping people understand the issue, you are also actively helping to combat stigma, a major reason that mental health does not receive the attention or compassion given to physical illness. The section below will help you understand more about the stigma of mental illness. The more you know, the easier it will be to talk about the issue with others.

Stigma and Discrimination

All around the world, people face stigma and discrimination because of their mental illness or the mental illness of a loved one. (See definition below). For instance, in the United States, “nearly two thirds of all people with diagnosable mental disorders do not seek treatment” (Regier et al., Kessler et al., 1996). Though the reasons for this vary with each individual, stigma is a major barrier which discourages people from seeking treatment, and shockingly, stigma may actually be increasing rather than decreasing over time (Sussman et al., Cooper-Patrick et al., 1997).

“Today you are You, that is truer than true. There is no one alive who is Youer than You

Dr. Seuss

STIGMA: a negative label often placed on people with mental illness. Stigmas are hurtful, judgemental and not based on fact.

Did You Know?

A study conducted by the Canadian Medical Association found that:

- One in four Canadians is afraid of being around someone who suffers from serious mental illness.
- Only half of those surveyed would tell friends or co-workers that a family member was suffering from mental illness.
- Only 16 per cent said they would marry someone who suffered from mental illness, and 42 per cent said they would no longer socialize with a friend diagnosed with a mental illness. By contrast, 72 per cent would openly discuss cancer and 68 per cent would talk about diabetes in the family.
- Based on what you have learned about the widespread nature of mental illness, these statistics may be surprising to you. However, it is important to keep in mind that because we all have different perspectives and ways of seeing the world, we all have a bias. Test your bias with these True/False questions about mental illness.

True or False?

1. People with a mental illness are generally violent and dangerous

false People with mental illness are generally not more violent than the rest of the population. Mental illness plays no part in the majority of violent crimes committed in our society. The assumption that any and every mental illness carries with it an almost certain potential for violence has been proven wrong in many studies (CMHA)

2. You can tell by looking at someone whether they have a mental illness

false Generally, you can't tell if a person has a mental illness based on their appearance. Sometimes, when people are experiencing an acute episode of their illness, their behaviour may be bizarre, especially if they are experiencing an episode of psychosis (CMHA)

3. Mental illness can happen to anybody

true In fact, it's very likely that you, a family member or someone you're close to will experience a mental illness at some point in their lives.

4. People with mental illnesses are usually financially poor and not very smart.

false Social status has nothing to do with whether or not someone has or will get a mental illness. In fact, studies show that most people with mental illness have average or above-average intelligence. Sometimes a severe mental illness may make it difficult for a person to work at a level they otherwise would be capable of-leading to financial hardship.

“Stigma makes it hard for me to share my diagnosis with friends and family. No one would judge me if I had asthma, why should I feel like I have something to hide? I know that talking about my illness with others is helping to combat stigma. One of my friends even told me he'd been feeling depressed for a long time, and my openness gave him the courage to seek the help he needs.”

Hasad, Turkey

If a friend mentions thoughts of suicide or self harm, you **NEED** to tell his or her parents, a teacher, guidance counselor or a responsible adult who can help. It's better to have a friend who's angry with you for a while than to keep their secret and live with knowing you could have helped, but remained quiet when your friend was in trouble.

Below are some discussion questions to pose to your friends, family members or co-workers, or to think about on your own.

Why do you think people with mental illness are stigmatized?

What do you think influences perceptions about mental illness?

How do you think stigma affects the lives of people with mental illness?

Considering the different factors that influence stigma and the way it may affect people living with mental illness may make you more aware about the ways stigma impacts how you think about mental health and mental illness. Look over the stories featured this guide for personal accounts from people living with mental illness.

Now that you have a deeper understanding of personal mental health, as well as one of the major barriers to raising awareness (stigma), you will be able to take what you've learned and apply it in your efforts to raise awareness about mental illness. Not sure where to begin? Below are a few ideas to get you thinking about ways that you can have an impact.

Mental illness is nothing to be ashamed of, but stigma and bias shame us all.

Bill Clinton, Former US President



PARTICIPATE IN DISCUSSIONS Create or participate in online and offline discussion groups. Engage with those in your local community to share ideas and suggestions about mental health. Check in online:
<http://mindyourmind.ca/personal-stories/blog/index.php>

CREATE A SUPPORT GROUP Work with campus counselling services or community mental health organizations to co-host a support group focusing on specific mental disorders or about mental health in general. You can also start your own group using social media networks or join an existing community and share your voice.

As a facilitator, you may find yourself in the middle of some heated or controversial discussions. Make sure that the group lays some mutually agreed upon ground rules before the discussion opens up to ensure that everyone's feelings and opinions are respected. The group will take behavioural cues from you, the facilitator, so try your best to remain open and neutral. Although you should take care to respect the opinions of the group, you must also try to ensure that people do not make offensive or derogatory comments about people living with mental illness


LAUNCH A MENTAL HEALTH ART CONTEST Find a gallery or a space that will allow you to showcase your mental health theme, or invite your school to promote the contest to the entire student body.

ORGANIZE A MENTAL HEALTH OPEN FORUM Invite young people and youth organizations in your community to discuss ways you can stay mentally healthy, conceptions about mental illness, and how to support people in your community with mental health problems (learn more about Open Forums at <http://www.takingitglobal.org/action/openforums>).

CREATE A SCHOOL GROUP TO PROMOTE MENTAL HEALTH Start by recruiting friends with a common interest, and find a faculty member to support your group. Studies have shown that programs that help people to become better integrated in the community through school reduce exclusion, and direct contact with those living with mental illness can also help shift commonly-held negative attitudes. (CMHA 4:3)

ORGANIZE A SCHOOL ASSEMBLY Talk to your school administrators and request your auditorium or gymnasium to host a student meeting about youth mental health. This could coincide with World Mental Health Day, October 10th. Your country may also have a Mental Health Awareness week around which you could organize. Each day could highlight a different health issue through assemblies, lunch time activities, and announcements over the PA

Have you decided to organize an open forum, club, or discussion group? That's great! Not only can the group serve as a support system for those dealing with a mental illness of their own, or that of a friend or family member, it can also open up the rest of the group to challenge the way they view those living with mental illness. Although the group may be very helpful for someone suffering from a mental disorder, it is extremely important that person is also receiving professional help.



Why not take it one step further? Hosting a school assembly is a great way to raise awareness about mental health, but lobbying to have mental health included in the curriculum is a powerful way to ensure you will have a long term impact on the way that both students and teachers think about mental health. By requesting mental health support in schools, you have the opportunity to help make a difference in student's lives.

So what are the first steps? Talk to a teacher or guidance counsellor about your idea. They should be able to direct you to the appropriate people to put in your request. There is power in numbers, so why not get a group of students and other stakeholders together to lobby for mental health inclusion in the school curriculum? Some of your teachers may be interested in supporting your campaign. If you have a meeting with your principal or the school board, write up your arguments so you'll be sure to remember all your great points. Speak from the heart, but use the facts and statistics you learned from this guide to back you up. Talk about why mental health is important, why you feel strongly about it, and the difference it could make in student's lives. Mental health impacts student's failure rates, drop out and absence rates, and difficulties with performance, learning and behaviour. Schools are an ideal location for mental health promotion, early identification and intervention, combating stigma associated with mental illness and possibly interventions and ongoing care. Do you have a health or physical education class? Mental health may be the perfect fit. Mental health education may also fit well with a number of other curriculum areas, including: Personal Development, Family Living, Child Studies, Psychology and Sociology.

The Sun Life Financial Chair in Adolescent Mental Health and the Canadian Mental Health Association have developed a mental health high school curriculum guide tied to Canadian curriculum objectives. You can check it out online at www.teen-mentalhealth.org/curriculum. Regardless of your home country, this may be a good place to start to get ideas and to promote a model when stating your case.

Media

It is very likely you have seen someone playing a character with a mental illness on television. How was that person portrayed? Given what you have learned about different mental disorders, do you think this depiction was fair? How about news media? Do you think that reporters take an unbiased view of people living with mental illness? Why or why not? In this next section, you'll learn how to influence and utilize the media to increase public understanding of mental illness.

The media can be a powerful tool to drive forward your campaign. By attracting media attention, you can also attract funders, new members, and prove that not all news about young people has to be negative. Below are some examples of ways you can use the media to make a difference. Check out [page 29](#) of this guide for tips on writing a press release and speaking to the media.

I've asked my world politics class to help me write a letter to our government advocating for more funding for public education on mental health.

Steve, United States

PUBLISH ARTICLES AND ARTWORK

ONLINE AND IN PRINT After researching and reflecting on adolescent mental health issues, create a written or artistic piece that can be shared in local media (i.e. high school newspaper, local magazines) or on the internet

(i.e. here: panorama.takingitglobal.org).

START AN EDUCATIONAL MENTAL

HEALTH RADIO SHOW Work with local or school radio stations to support a program that examines how mental illness is affecting your community.

ORGANIZE A THEATER GROUP SHOW-

CASING MENTAL HEALTH ISSUES Talk to drama students or directors about creating a mental health play or presentation.

ORGANIZE A CONCERT Seek out local/national music groups to perform and promote mental health and then get permission to use a space to host a concert.

SHARE YOUR THOUGHTS Respond to negative media stigmatization through calling in to radio shows and television stations, and writing letters to the editors of newspapers and magazines. Highlight the fact that you are a young person who is concerned about misinformation and stigmatization!

The Politics of Mental Health

What makes mental health a political issue?

Stigma and a lack of understanding about mental illness are evident in government policies around the world. Many countries, especially developing countries, lack adequate infrastructure, facilities and medical staff to effectively support those living with mental illness. An absence of funding is compounded by discrimination, little information and in some cases, an unwillingness to publicly acknowledge mental disorders. Because we know that mental health is such an important concern, we want you to take action to make sure governments are listening. This section will give you some ideas to start your own campaign to hold governments accountable for ensuring effective diagnosis and treatment of mental illness, and promoting public education on the issue.

WHY WOULD THE GOVERNMENT LISTEN TO ME? You might think that just because many young people can't vote, you can't make governments change their policies, but youth can have just as powerful a voice as anyone else. Imagine if you were a government official and one person called you to fix a broken road. You might not pay much attention to them. But what if 1,000 different people called you to complain about the problem? You'd be sure to listen! When young people team up and unite their voices, they can do whatever they put their minds to.

First things first, figure out who you're trying to influence. Here are some ideas:

- Government officials
- City Council members
- Members of Parliament
- School Board Members
- Local Politicians
- Local Media

“The right to mental health is a ‘complex human right”

Paul Hunt,

UN Commission on Human Rights, 2005, 61st Session

If you don't know where to go or who to talk to, ask your school administrators, teachers, local mental health clinic or youth leaders if they can help you find the right person. You could also look into government websites for contact information or visit your local government office and ask around

You may also want to think about one key mental health issue that you want to influence, whether on a community, national or international level. Depending on what country you live in, the challenges and opportunities you face will be different. Check out the *Developing Your Passions* section on [page 26](#) to help you decide where you want to make a difference.

Mental health and human rights are inextricably linked. Although the Universal Declaration of Human Rights includes the right to adequate health and medical care, many people in both developed and developing countries do not receive the treatment they need.

People living with mental illness can face a number of human rights abuses. According to the World Health Organization, people living with mental illness experience human rights violations in psychiatric institutions through inadequate, degrading, and harmful care and treatment, as well as unhygienic and inhuman living conditions." People around the world also face limitations of their civil liberties, and in the fields of employment, education and housing, due to the myths and stigma associated with mental disorders. This stigma and discrimination can, in turn, impact a person's ability to gain access to appropriate care, integrate into society, and recover from illness "(WHO Mental Health and Human Rights Project, 2006).

Because middle and low income countries account for more than 85 percent of the world's population, they also face a higher burden of mental illness. However, [most middle and low-income countries devote less than 1% of their health expenditure to mental health](#). Consequently mental health policies, legislation, community care facilities, and treatments for people with mental illness are not given the priority they deserve (WHO Mental Health and Human Rights Project, 2006).

Me and my friends organized a mental health awareness campaign for first year university students. It was amazing how much a few posters, some pamphlets and lots of talking helped to raise awareness and how much more comfortable the students felt talking about their own struggles with mental illness.

Carlos, Costa Rica

How does your country's mental health policy compare to that of other countries?

You may be surprised to find that your country does not have a formal mental health policy. A study by the WHO found that 37% of 203 countries do not have a mental health policy (World Health Organization, 2001). All the more reason to provide your input and pressure your government to create a progressive mental health policy, and to follow through with the commitments laid out in its policy statement.

What would get your government officials to take action?

Here are some examples to get you thinking about what you can do in your own community. Don't forget to tell us how you're doing along the way!

DEMAND THAT GOVERNMENTS ACT ON THEIR MENTAL HEALTH COMMITMENTS

Create a campaign that asks your government to live up to their promises on mental health, whether it is increased funding, medical support, or public education.

JOIN YOUTH PARLIAMENTS OR COUNCILS

Seek out youth groups in your community/ country that are active in the political process, and advocate for more attention and funding to be paid to adolescent mental health in city halls and national parliaments.

LAUNCH e-CAMPAIGNS Launch a website that advocates for policy change; send out emails that encourage people to sign up for petitions that request education, funding and treatment for people living with mental illness, along with their families.

WRITE LETTERS TO POLITICIANS Send letters to your congressional representatives, federal, state, provincial and municipal governments, reminding them of your government's commitment to mental health funding, research, and social services. Demand that they live up to their commitments and take action. Create a letter template and share it with your networks to encourage others to do the same.

ORGANIZE A RALLY Gather a large group of people to demonstrate (perhaps in front of your national parliament) and demand action from your government on mental health issues.

ADOPT A STATEMENT SUPPORTING MENTAL HEALTH Encourage your city council, place of worship, or civic group to put mental health on their agenda, and issue a statement showing their support for mental health programs.

BUSINESS Mental disorders have huge negative economic costs. Engage business leaders in your campaign.

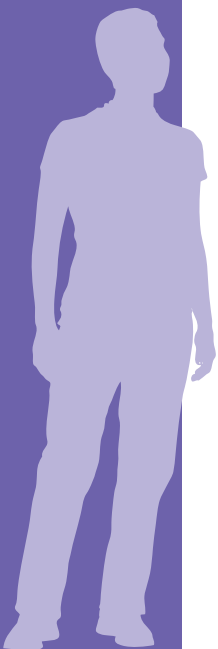
“Legally there are few laws in India for people affected with mental disorders”
Abishek, India

Mental Health and Web 2.0

The United Nations 2007 World Youth Report has recognized that “internet technologies are increasingly serving as hubs for communication, identity formation and social networking among youth...and are embedded into the lives of more and more young people every day. Furthermore, through the use of new technologies such as discussion boards, live chats, news feeds, online polling and social networking tools allow youth to engage in different forms of civic participation, which may involve supporting or criticizing a political candidate, organizing around an issue of concern, or forming a community reflecting common interests. As more and more technology is accessible to youth; they are enabled to use the web and truly be the agents of change.”

Young people are increasingly using the internet and online tools to learn, connect and communicate with information and each other. A great example of this phenomenon is TakingITGlobal, (www.tigweb.org) an online community where you can share stories, tools, and resources with other young people from around the world.

Online tools and communities are also a great way to learn about health issues, provided you get your information from a reliable source. Of the 90 percent of young people aged 15-24 who have gone online, three out of four (75%) have used the Internet at least once to find health information. This is more than the proportion who have ever gone online to check sports scores (46%), buy something (50%), or participate in a chat room (67%), and about the same proportion that have ever played games (72%) or downloaded music (72%) online! (Generation Rx.com: How Young People Use the Internet for Health Information)



There is no shortage of mental health resources online, and the internet can act as a support for people living with, or affected by mental illness. A great example of this is a blog. A personal blog can be an effective way to express your feelings and find social support. You may have heard that writing in a journal can help you work through problems and stay mentally healthy. Blogs are like online journal entries, only you are also receiving support from readers. Sharing your thoughts may also help others who are facing similar issues. Blogs are especially effective if you may not feel as comfortable talking about your feelings face to face. Visit www.mindyourmind.ca for blog updates from young people living with mental disorders. You are also welcome to post your own blog on the site. Blogs can be created using many different mediums. You could write a blog, film your own video blog, or create a podcast (record your voice so that others can listen).

You can also visit the blog at <http://www.teenmentalhealth.org> for topical blogs on the latest mental health news relevant to young people.

Here are some more ideas about how you can use the internet to INSPIRED, INFORMED, & INVOLVED with mental health issues around the world.

USE THE YOUTH & MENTAL HEALTH WEBSITE:

<http://issues.tigweb.org/mentalhealth> or www.teenmentalhealth.org

Take advantage of the resources (toolkits, statistics, power points, links etc.) available on these websites to learn about mental health and mental illness so that you can stay informed and raise awareness about mental health.

Interact and Educate ▶ Check out <http://www.yoomagazine.net>, an interactive health magazine where you can learn about physical and mental health, as well as ask questions, view polls, and take surveys.

Facebook ▶ Many of us already spend time on Facebook (admit it), so why not use it as a tool for change? You could join a local or international group promoting mental health awareness, or create groups and events to promote any mental health fund or awareness-raising clubs or events that you initiate.

BUT there is a lot of misinformation online too - see the appendix at the end of this guide for a list of safe and reputable websites.

I don't know much about politics, but that doesn't mean I can't ask my mayor what our town is doing to take action on mental health.

Jeff, Canada

SAHR'S STORY

My name is Sahr Yillia, and I am 26 years old and partially blind. As a youth and also an activist for young people, the issue of mental health has always been a big concern to me. This is especially important in my country, Sierra Leone, as we were engulfed by a 10 year bloody and brutal armed conflict and many young people were forced to become child soldiers. After the armed conflict, the guns were taken away from most of the fighters but nothing was done in the area of trauma healing or psycho-social healings. The post traumatic stress and the high levels of unemployment are causes for young people to take harmful drugs as a way of managing their stress.

What makes the situation worse is that we have just one hospital for mental illness cases, with one single doctor specialised in mental illness cases for a country with a population of 3.5 million.

Due to the lack of social facilities and other preventive measures for patients, the situation is worsening across the country which is a serious concern to us as advocates for young people in difficult circumstances. For instance, patients living with mental illness are now faced with discrimination and stigmatization on a daily basis as some people link these patients to some negative traditional beliefs which claim that people living with mental illness are full of demons, suffering from some ancestral curse, or are witches and wizards. It is also however sad that some of the decision makers in the country have joined these unfortunate beliefs thereby deliberately failing to take positive actions on mental health cases.

We are ready to confront the stakeholders to take actions on this particular issue, as it is important to us and our country.

-SAHR

Section Four: Get Started

Now you're aware of the multitude of ways to get involved with mental health awareness-raising and are ready to dive in. Here are some helpful tips to prepare for a successful campaign.

GET THE FACTS

After learning about mental illness, explore ways to carry out your campaign by asking those around you and in your community. They may have great ideas to inspire and assist you in your work. Ask yourself 3 questions: What do you want to do? Where is the greatest need? What already exists?

Check out what is happening at your school or at work. Maybe there is a mental health awareness movement you can join, or maybe you will discover a need for one! Explore the different organizations and groups that exist in your community and see if there is a way to combine young people's interests with mental health.

You can reach out to:

- Music bands
- Sports clubs
- Art groups
- Theatre groups
- Student councils
- Family and friends
- Political groups
- Religious groups
- Teachers

“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.”

St. Francis of Assisi

CHECK OUT THE BIGGER PICTURE

Are there policies in place for the issue you are working on? Read your local and national newspapers and check other media to keep informed on what is happening in your country.

NATIONAL POLICIES

As was stated earlier, only 37% of 203 countries have formal mental health policies. Go to <http://apps.who.int/globalatlas/default.asp> and download the WHO atlas to see if your country is on the right track. Step two: If policies do exist, find out if they are actually being put into action. Policies without action are no help!

NATIONAL AND INTERNATIONAL EVENTS

Stay tuned to what is happening in your community and country. At the same time, keep your eye on what is happening globally. See if there are any events that are in line with the work that you want to do, in which you could participate. Check out the following youth events calendar:

Global Youth Events <http://events.takingitglobal.org>

THE MEDIA

What is the media covering? Do they offer any coverage of mental illness? What issues are they raising? Are they fair or are they stigmatizing? Can you identify a particular issue within the scope of mental illness that the media seems to focus on?

IDENTIFY YOUR PASSIONS

Mental health is a huge and evolving topic, surrounded by social, behavioural, and medical issues. Taking the time to identify and focus your passions will help you turn inspiration into effective action! What are you passionate about?

Below, check the issues that are the most important to you:

- | | |
|---|--|
| <input type="checkbox"/> Youth Friendly Services | <input type="checkbox"/> Mental Health Research |
| <input type="checkbox"/> Stigma and Discrimination | <input type="checkbox"/> Access to Mental Health Education |
| <input type="checkbox"/> Access to Appropriate Care and Treatment | <input type="checkbox"/> Mental Health Education in Schools |
| <input type="checkbox"/> Local Mental Health Policies | <input type="checkbox"/> Counselling and Support for Young People Living with Mental Disorders |
| <input type="checkbox"/> National/International Mental Health Policies | <input type="checkbox"/> Support for friends and family members of those living with mental illness |
| <input type="checkbox"/> A specific mental disorder.
If so, which one? | <input type="checkbox"/> Should there be anything else in this list?
If so, what is the issue(s) most important to you? |
-
-

List any Other Issues You are Passionate About:

Identify Your Passions

Focus your passions by prioritizing what you believe are the top three issues.

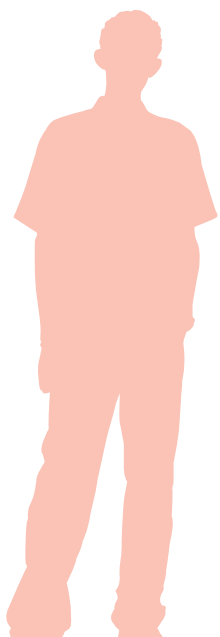
1. _____
2. _____
3. _____

Keeping your “number one passion” in mind, what do you want to achieve when you take action?

Example: I would like more people to understand that mental illness is not that different than physical illness.

When you take action, which group of people (youth, adults, females, males) do you want to reach?

Example: I would like my project to target Nigerian youth in grade 9.



START PLANNING

Once you have found an issue that you care about, it is time to start figuring out how you can take action. Any successful campaign starts with good planning.

1 | IDENTIFY THE PROBLEM

What problem needs to be fixed? Think about adolescent mental health and whether you want to take action personally, in your community, or politically.

2 | GET A TEAM TOGETHER

Get a group of people organized around a specific idea, or explore what everyone cares about.

Connect to peers who have similar interests. If you have problems recruiting, remind people that volunteering looks good on their resumes and might help them land their future dream jobs (if idealism does not work, try realism).

3 | SET YOUR OBJECTIVES

Before you really get going, you need to have a clear idea of what the team's objective is.

Getting it down on paper usually helps. A few tips:

- Be clear – make your objective easy to read and understand
- Be specific – know what you want to achieve to create change
- Set targets – set short-term goals that support your objective
- Be reasonable – don't aim too high; make sure you have reasonable targets

4 | DETERMINE ROLES AND RESPONSIBILITIES

Decide what roles are needed and what responsibilities each team member will have. Also think about creating a clear work plan, and a timeline of activities you'll be doing. Remember, the more you prepare, the better able you'll be to get things done! Of course, flexibility is also a key strength!

5 | DETERMINE YOUR NEEDS

Have a brainstorming session on what kind of tools and supplies you might need (poster paper, markers, t-shirts, computer access, banners, etc.). If you think funds will be needed, get an overview of what costs you might have.

You could also start thinking about possible sources to approach for support. Write a realistic budget, but don't let financial needs prevent you from getting started! Remember that volunteering is free and sometimes all you need are people willing to donate their time.

6 | FIND A SITE

Do you need a site or a location? If so, look for places that seem to fit with your needs. And start early; popular locations are filled up quickly. You do not necessarily have to pay for a location. In fact, schools and organizations are often more than happy to let somebody use their rooms at no cost (especially if it is for a good cause).

7 | FUNDRAISING

If your work plan involves fundraising, get started on it. Remember, ask everyone and go everywhere for funding, and plan fundraising events. Potential funding sources are all around: family friends, individuals in the community, garage sales and car washes, family foundations, community foundations, places of worship and church groups, local corporations and businesses, and even government agencies.

Check out TakingITGlobal's Fundraising guidelines <http://www.takingitglobal.org/images/resources/tool/docs/734.pdf>

Fundraising Tips

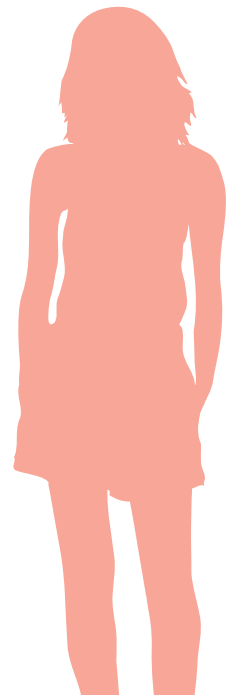
- Be persistent
- Be professional
- Have clear, concise materials (brochure, flyer, letter, etc.)
- Tell people what their contribution can achieve
- Report on how you used the funds

8 | PROMOTION AND MARKETING

When you promote your events, you might consider contacting the media. However, there are many other ways to promote your activities. It might actually be smart to hold off on media outreach until you have built up some momentum. The media tends to focus on stories that already have some support behind them, or have already achieved measurable results.

HOW CAN YOU PROMOTE YOUR EVENTS?

- Ask friends, family to spread the word
- Flyers and posters
- Door-to-door visits
- Make public announcements at your school or place of worship
- Promotional events (concerts, exhibits)
- Websites (blogs)
- Press releases
- Local radio stations



9 | CONTACT THE MEDIA

Once you have something to showcase, reach out to the media and invite them to cover your events or activities. Using the media is a great way to build public awareness about your work. Send press releases to local and national newspapers, TV stations, magazines, and even websites. For example, many campaigns have been successful by creating an Internet “buzz” around a blog.

Interview Tips

- Be confident and friendly
- Have a work plan ready to answer questions
- Have very clear talking points and stick to them!
- Smile, be passionate, and enthusiastic

Tips for Writing a Press Release

- The headline should be clear, interesting, and attention-grabbing
- The first paragraph should include all the important information (What? Why? Where? When? Who?)
- History/background information should be at the end
- Quotes and statistics can “spice up” your press release
- Include contact information for someone who can represent you effectively

MANAGE YOUR WORK

As you start putting your plans into practice, you might discover that things do not always go as expected. The important thing is that you are able to respond quickly to changing circumstances. Remember, you will be taken more seriously if you are organized, well prepared, and on time. Here are a few tips to remember:

TIME ▶ If you have to change your timeline, first identify important deadlines that you cannot miss. And remember, what’s done is done; there’s no point in focusing on what has already happened and cannot be

TEAM ▶ Being a team leader can be challenging. Try to give everyone a chance to voice their opinions. Also, if possible, give people tasks that fit with their personal interests and their schedules.

MONEY ▶ Keep track of where your money is going, and try to make sure you always have enough cash on hand to pay for your expenses.

PARTNER RELATIONSHIPS ▶ You might have to rely on partners to achieve success, and they might have a different vision than you. In negotiations, stand up for the issues that are most important to you, but also know where to compromise.

TIP ▶ **BE FLEXIBLE**

- Don't be afraid to change your plans as you go along
- Mistakes are okay, and part of the learning process
- Appreciate other people's feedback and suggestions

FOLLOW UP

All successful work has a follow-up plan. It is important to see that your work is completed responsibly and that measures are taken to optimize your success. Learning from your mistakes and successes can help take your work to a new level.

EVALUATION

Could you have done things better? What did you learn? Did everyone deliver on their responsibilities? Learn from your mistakes and thank everyone that has helped (you could send a card). It is not only polite and respectful, but it will also help you build relationships for the future.

BUILD NETWORKS AND PARTNERSHIPS

Get contact information from everyone—a good network will help secure long-term support for your campaign.

Look for partner groups, especially those with skills and experiences complementary to those of your campaign.

Be generous in sharing your own skills and experiences. Maybe you can inspire other young people to start something on their own!

EXPAND

Be aware of possibilities to expand the work you have been doing on mental health. Through your network, your partners, or media coverage, you might find opportunities for starting the same action in another area.

ENVISION SUCCESS

Have a clear idea of what your long-term objective is. Ask yourself where you want to be 1, 2, or even 5 years from now. What will it take for you to get there? Start setting targets that will support your long-term objective.

Remember to have fun!

Share your work, campaigns, progress, pictures & media in the global community at www.tigweb.org There you can:

CREATE ▶ your own Action Blog, to share your experiences with thousands of other young people

EXPLORE ▶ the Global Gallery and Panorama to submit articles, pictures, and other artwork on mental health issues

JOIN ▶ in mental health discussion threads and share your thoughts with others

FIND ▶ other mental health related resources

Joining the TakingITGlobal community will bring you a lot of opportunities to promote your events!

1. **Visit**
<http://join.takingitglobal.org> and then:
2. **Register and promote your team**
<http://projects.takingitglobal.org>
3. **Create an online discussion group for your team**
<http://groups.takingitglobal.org>
4. **Search for those with similar interests**
<http://profiles.takingitglobal.org>
5. **Find events and resources in your country**
<http://connect.takingitglobal.org>
6. **Promote your event**
<http://events.takingitglobal.org>



REPORTING BACK

After you have successfully launched your own mental health campaign keep us posted on the progress you're making.

Whatever you're doing, we want to hear about it!

Sharing your experiences - good or bad - can inspire other young people to take action. It also helps us to highlight the amazing work young people are doing all over the world - be it online or in future publications like this one.

ONLINE

If you have access to the internet you can submit an Action Blog on TakingITGlobal. Go to <http://www.tigweb.org/connections/tigblogs/> and write an update about your activities. Make sure to tag your blog with the words mental health

OFFLINE

If you have only limited or no internet access, copy the form on the next page, fill it out and send it to us!

Sun Life Financial Chair in Adolescent Mental Health

IWK Health Centre - Maritime Psychiatry
5850 University Ave. PO Box 9700
Halifax, NS, Canada
B3K 6R8

REPORTING FORM

COUNTRY _____

ORGANIZATION NAME (IF APPLICABLE) _____

CONTACT PERSON _____

E-MAIL (IF APPLICABLE) _____

TELEPHONE _____

ADDRESS _____

NAME OF YOUR INITIATIVE _____

OBJECTIVE _____

MENTAL HEALTH FOCUS _____

KEY PARTNERS _____

DATE(S) ORGANIZED _____

RESULTS ACHIEVED (PLEASE INCLUDE SUCCESSFUL LOBBYING OF GOVERNMENTS AND/OR GOVERNMENTS, AND RESULTING CHANGES IN POLICY OR DIRECTION, SUCCESSFUL MEDIA OUTREACH AND COVERAGE, AND EVENTS ORGANIZED) _____

HOW MANY PEOPLE DID YOU INVOLVE? _____

PERMISSION TO REPRINT?

YES

NO

SIGNATURE AND DATE _____

PLEASE SEND WITH THIS FORM ANY PICTURES FROM YOUR EVENTS, PROMOTIONAL MATERIALS DEVELOPED, VIDEO OR COPIES OF PRESS COVERAGE. _____

References and Additional Resources

<http://www.anxietybc.ca>

<http://www.anxietycanada.ca>

<http://www.cmha.ca>

Canadian Mental Health Association Mental Health and High School Curriculum Guide

<http://www.teenmentalhealth.org/curriculum>

“Generation Rx.com: How Young People Use the Internet for Health Information”

12/11/2001 *Kaiser Family Foundation, New York, N.Y.*

<http://www.kff.org/entmedia/20011211a-index.cfm>

Global Forum for Health Research; World Health Organization-Research Capacity for

Mental Health in Low- and Middle- Income Countries: Results of a Mapping Study

<http://www.globalforumhealth.org/Media-Publications/Publications/Research-capacity-for-mental-health-in-low-and-middle-income-countries-Results-of-a-mapping-project>

<http://issues.tigweb.org/mentalhealth>

“Just Ask: My Brother/Sister has a Mental Illness but I Don’t Know What That Means!”

2009 *Jacqueline Potvin-Boucher*

http://teenmentalhealth.org/images/pages/Just_Ask_for_Teens_-_Web.pdf

http://teenmentalhealth.org/images/pages/Just_Ask_for_Young_Adults_-_Web.pdf

<http://www.nedic.ca>

<http://www.psychosissucks.ca>

<http://www.teenmentalhealth.org>

United Nations 2007 World Youth Report

<http://www.un.org/esa/socdev/unyin/wyro7.htm>

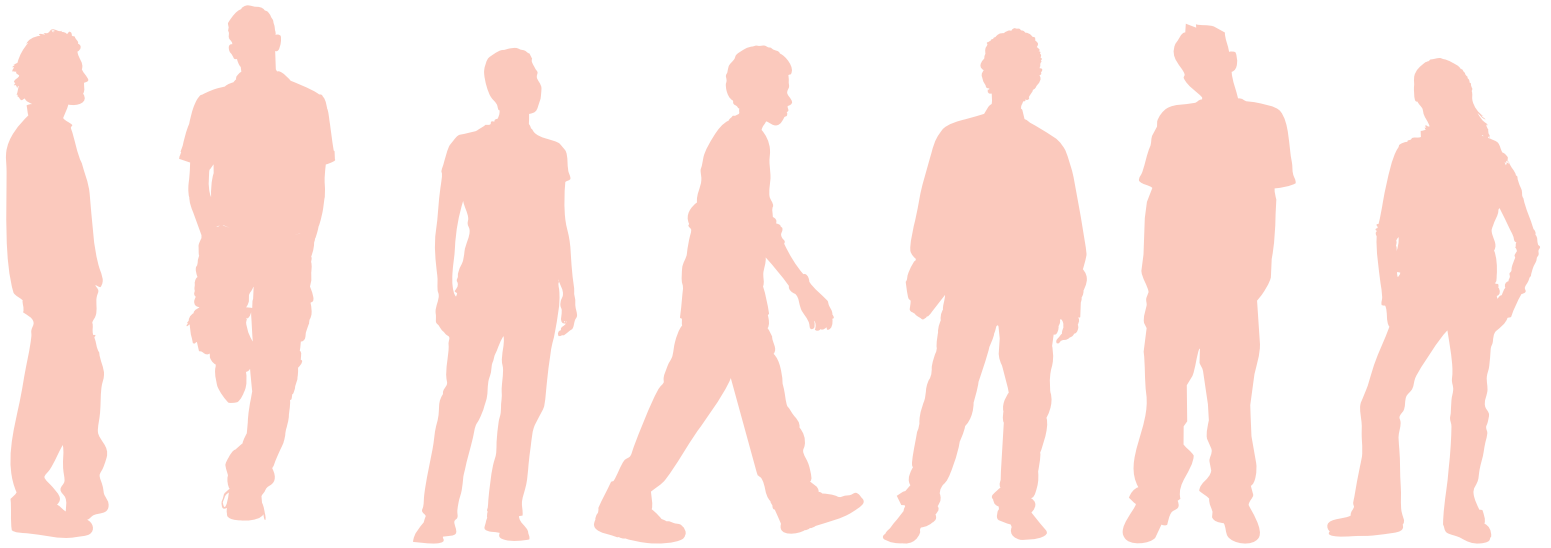
World Health Report 2001, World Health Organization - Mental Health: New Understanding, New Hope

<http://www.who.int/whr/2001/en/index.html>

World Health Organization: Mental Health and Human Rights: Fact Sheet

<http://www.who.int/mediacentre/factsheets/fs220/en/index.html>

<http://www.yoomagazine.net>



VISIT [http:// issues.tigweb.org/mentalhealth](http://issues.tigweb.org/mentalhealth) OR <http://www.teenmentalhealth.org>

- UNDERSTAND** › why mental health is such an important issue
- ENGAGE** › with other young people from around the world
- INVOLVE** › yourself in our mental health discussion boards and e-groups
- EXPRESS** › yourself through artwork and creative writing in our Global Gallery and Panorama online magazine
- LEARN** › more about mental health and mental illness
- EXPERIENCE** › a vibrant network of young people who are already involved in their communities
- DISCOVER** › the exciting projects of other young people around mental health
 - USE** › our FAQ's to test your knowledge of mental health issues
 - SEND** › health themed e-cards to your friends to let them know about mental health
 - TELL** › us what you are doing to help raise awareness about mental health

For further information, please contact one of the following

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