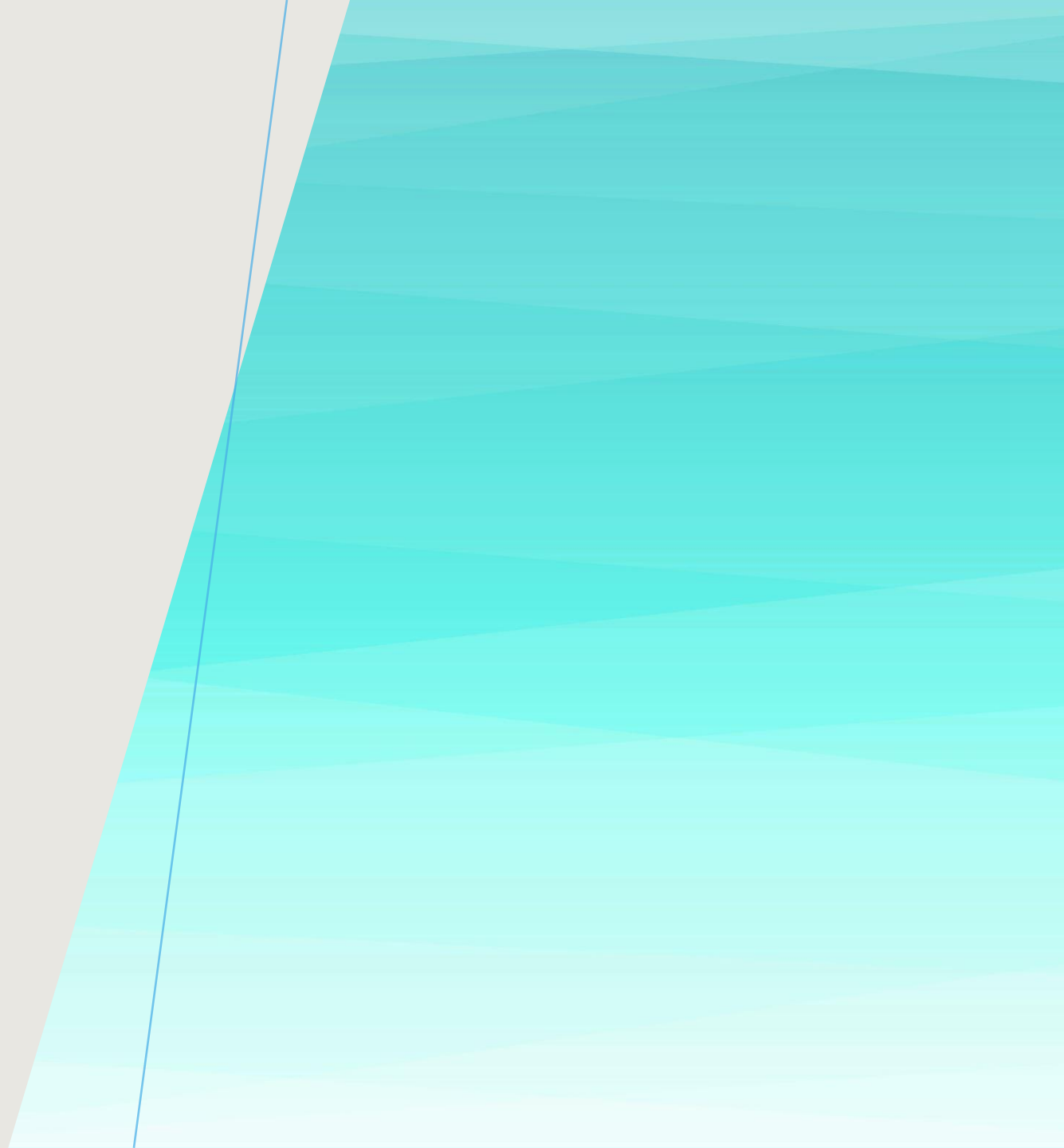


*MENTAL
HEALTH,
YOUTH
AND COVID*



OUTLINE

- Intro
- Current Trends
- 'High-functioning' Mental Illness
- Strategies for Crisis
- Self Care

CURRENT MENTAL HEALTH TRENDS

- 70% of people living with mental health see their symptoms before 18
- Affects 1.2 million children and youth across Canada – rising to 7.5 million by age 25
- Less than 20% receive the help they need
 - Mental Health Commission of Canada, 2021
- 34% of Ontario high-school students indicate a moderate-to-serious level of psychological distress (symptoms of anxiety and depression)
- In 2016, suicide accounted for 19% of deaths among youth aged 10 to 14, 29% among youth aged 15 to 19, and 23% among young adults aged 20-24
- First Nations youth die by suicide about 5 to 6 times more often than non-Aboriginal youth. Suicide rates for Inuit youth are among the highest in the world, at 11 times the national average
 - CAMH, 2021

‘HIGH FUNCTIONING’ MENTAL ILLNESS

** THESE ARE ALL THEORETICAL INDICATORS. THEY ARE NOT ROOTED IN CLINICAL EVIDENCE**

“HIGH FUNCTIONING” ANXIETY

- Overly productive
- Outgoing
- People pleasing
- Needs reassurance
- Overthinking/ rumination / cyclical thoughts
- Mental exhaustion
- Trouble saying ‘no’

“HIGH FUNCTIONING” DEPRESSION

- Decreased appetite or overeating
- Insomnia or over-sleeping
- Lack of energy (just doing the basics)
- Lowered self-esteem
- Difficulty concentrating/ making decisions
- Short term memory challenges
- Feeling sad or hopeless
- Maintaining activities of daily-living

HOW IS THAT DIFFERENT?

* Mental health directly impacts your ability to be a 'contributing member of society', just because you are contributing does not mean you are mentally healthy*

WHAT CAN WE DO?

- Personal connections – not just in youth group calls but one to one interactions
- Actively pray for your youth's mental health, encourage other church members to do the same
- Check in on disconnected kids, follow up with parents
- Watch out for 'Red flags' – changes in behaviour, low mood, disconnection without reason
- Openly discuss mental health
- Language switches – 'the vs. my', 'died by...'
- Know the crisis centers, hotlines and counselling services in your area

*STRATEGIES
FOR CRISIS
– ALGEE*

Assess	Assess the risk of suicide and/or harm
Listen	Listen non-judgementally
Give	Give reassurance and information
Encourage	Encourage the person to get appropriate professional help
Encourage	Encourage other supports

*DEALING
WITH
SELF HARM/
SUICIDE*

Ask	Ask directly <ul style="list-style-type: none">• Are you thinking of dying by suicide?• Do you have a plan?
Activate	Activate EMS
Stay	Stay with the person – in person or online
Ensure	Ensure that they are safe and only leave once someone more qualified arrives

SELF CARE



Physically



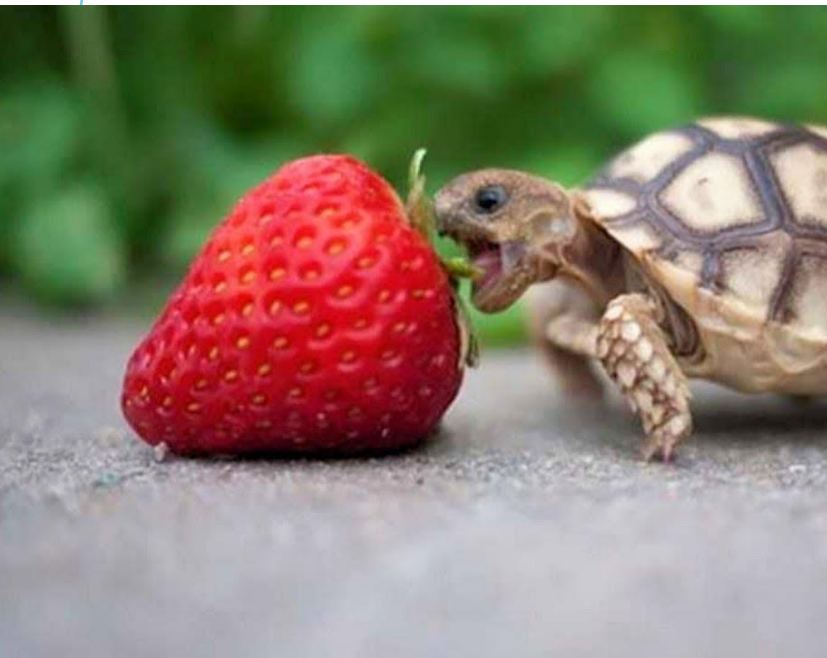
Spiritually



Mentally



Emotionally



QUESTIONS