

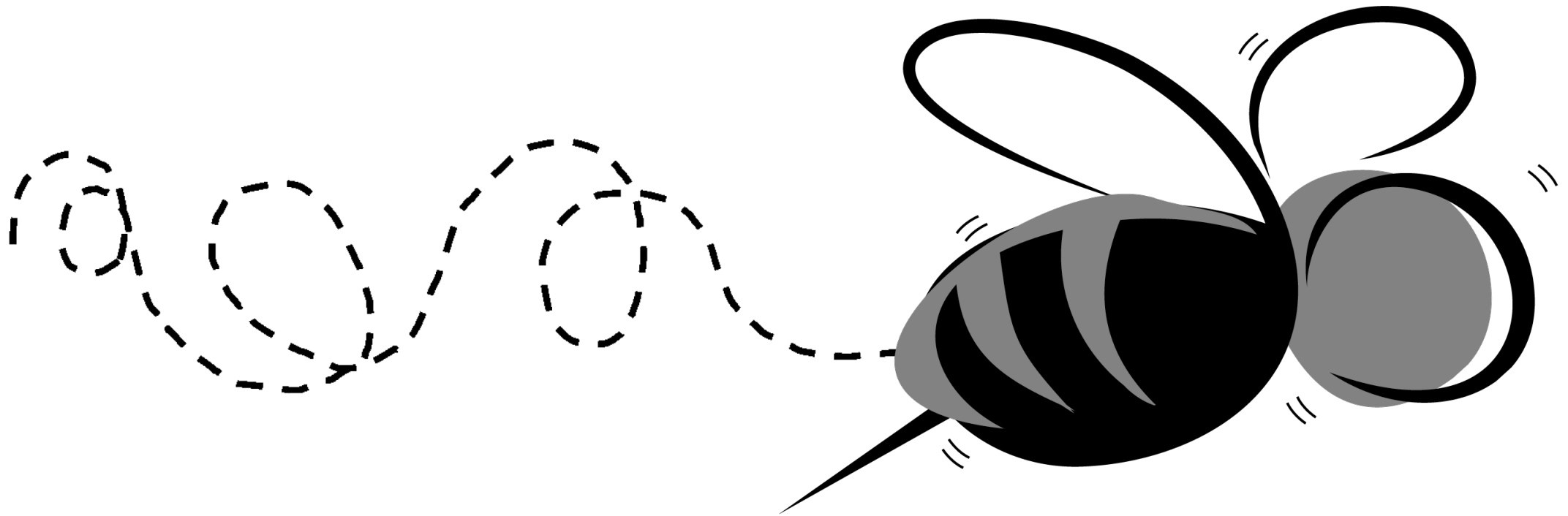
MENTAL HEALTH 101

Name

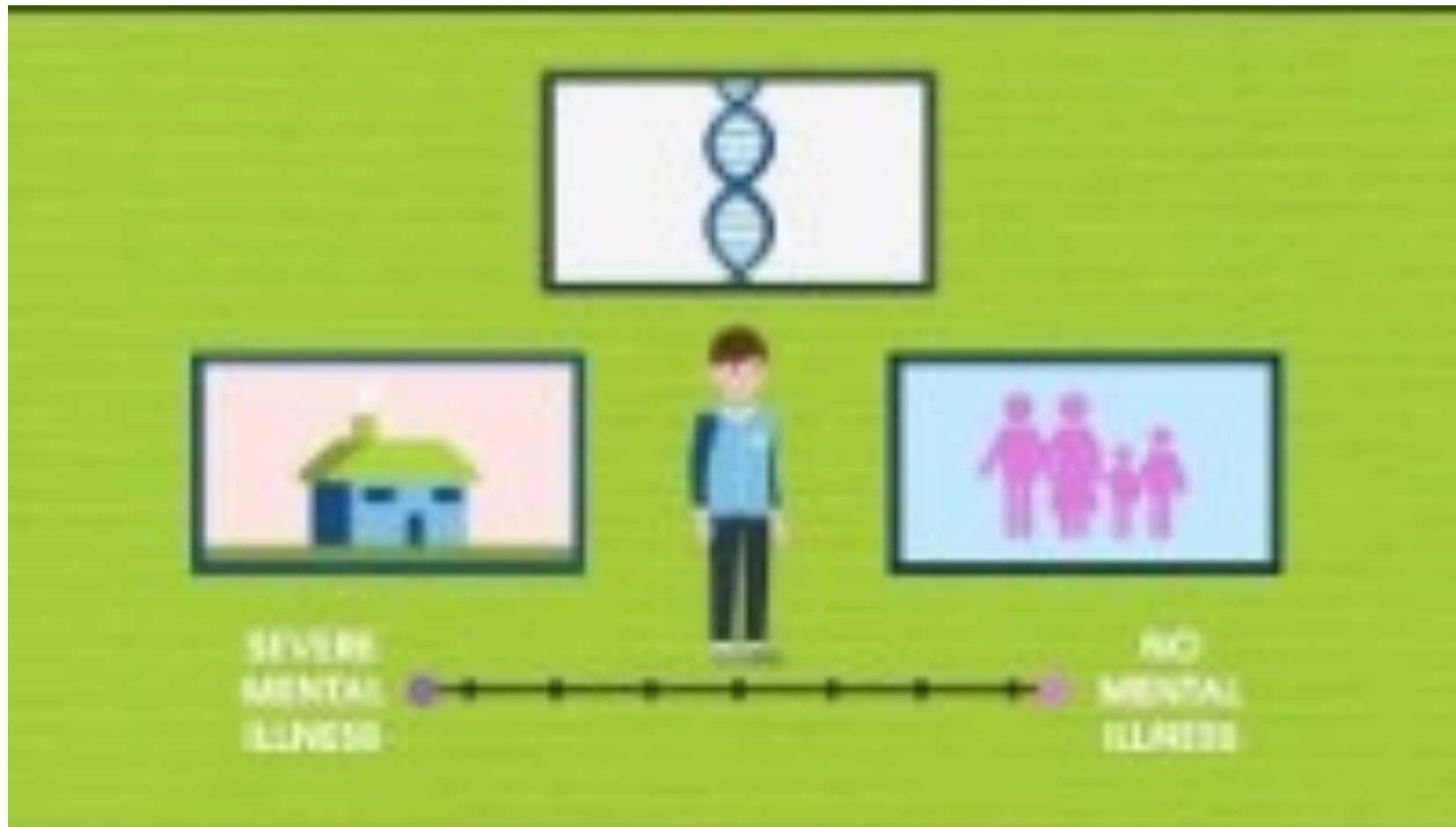


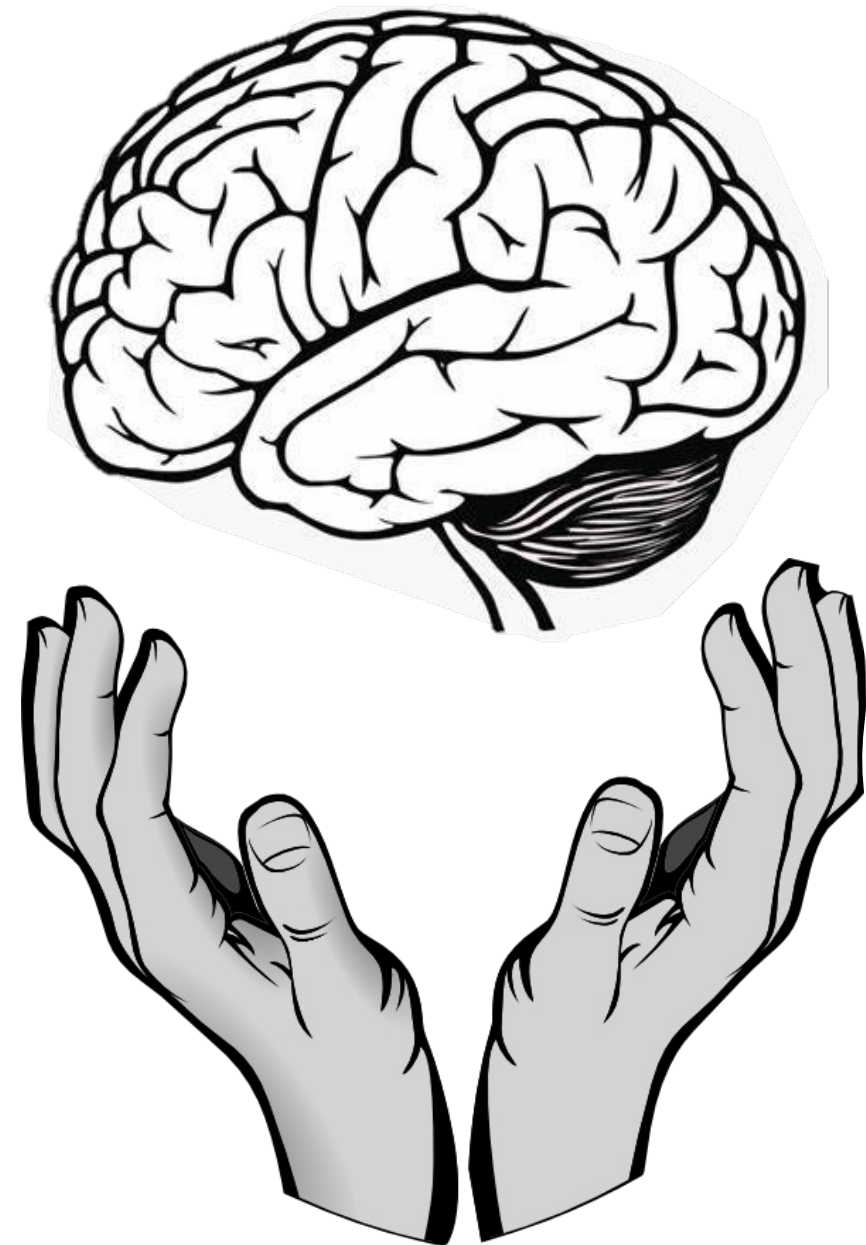
**Canadian Mental
Health Association**
Regina Branch
Mental health for all

"MENTAL HEALTH"



MENTAL HEALTH VS. MENTAL ILLNESS





MENTAL HEALTH VS. MENTAL ILLNESS

- In the course of a lifetime, not all people will experience a mental illness, but everyone will struggle or have a challenge with their mental health
- Mental illness is a medical illness based in the brain that affects the way someone thinks, feels, and behaves
- Good mental health isn't about feeling happy 100% of the time

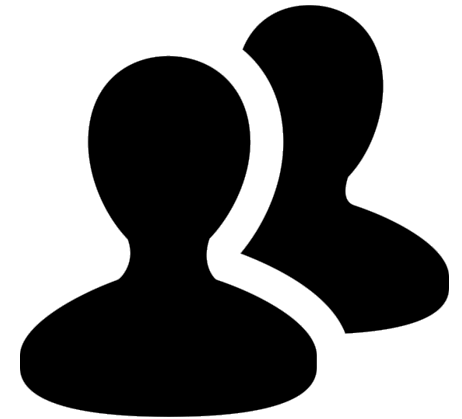
FACTORS



Physical



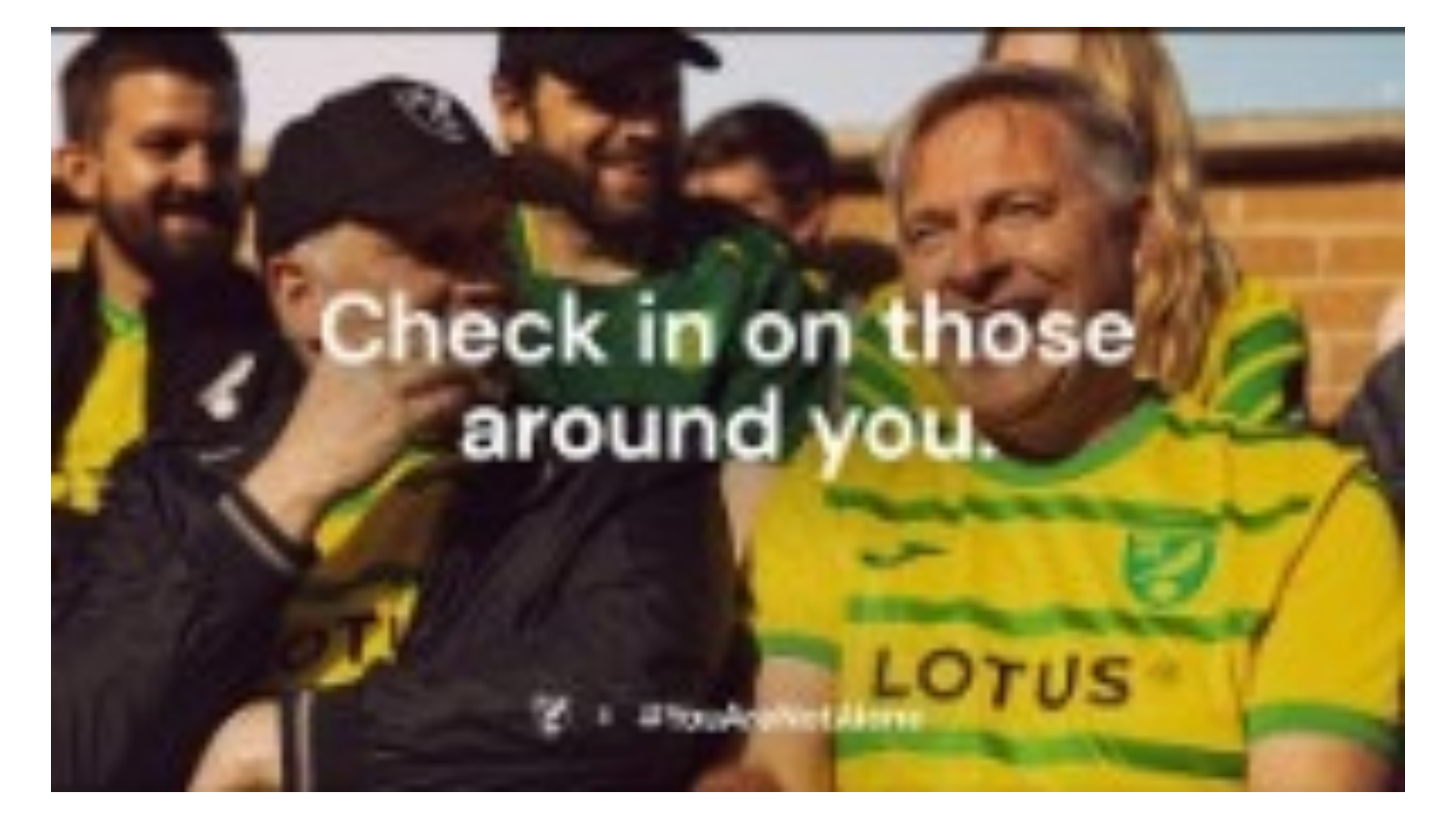
Environmental



Social

MOOD DISORDERS

- Mood disorders are persistent changes in mood caused by biochemical imbalances in the brain
- Major Depressive Disorder and Bipolar Disorder are two types of mood disorders



Check in on those
around you.

ANXIETY

- Anxiety Disorders are characterized by excessive amounts of anxiety and worry, that impact a person's social, occupational, or personal function
- There are several different types of Anxiety Disorders
- Anxiety is the most common mental health issue experienced by young people today

EATING DISORDERS

- Eating disorders are classified by a combination of disordered eating and psychological disturbance
- Anorexia nervosa, Bulimia, and Binge-eating Disorder are the most common types

PSYCHOTIC DISORDERS

- Psychotic disorders affect a person's perception of reality, and usually have associated behavioral changes
- Schizophrenia is the most common

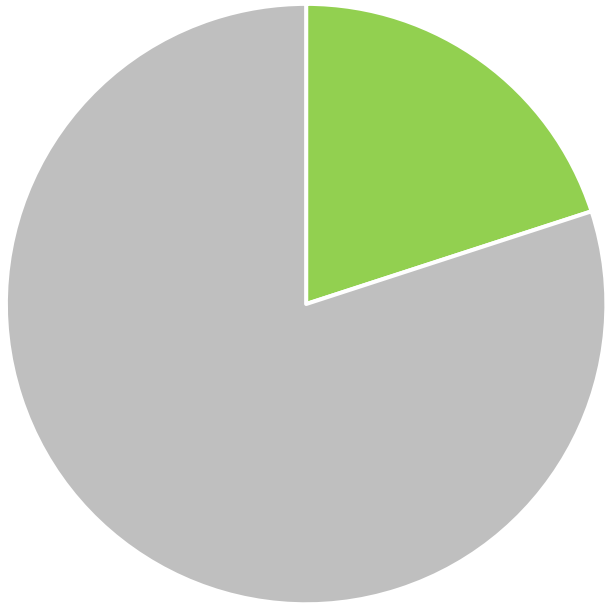
STIGMA



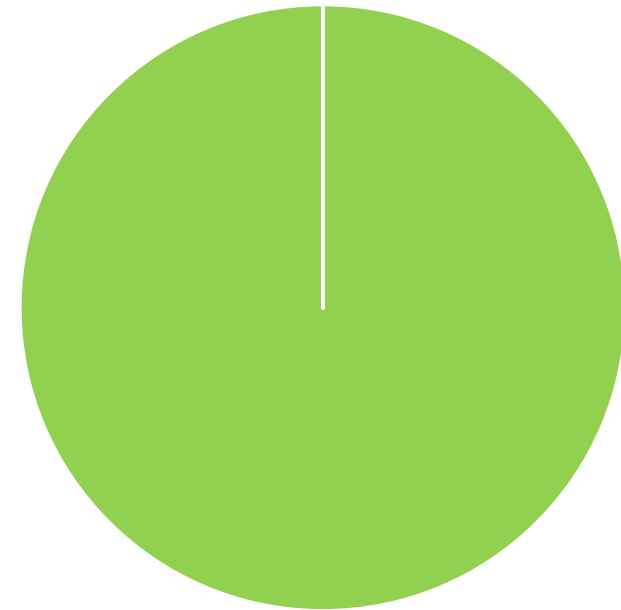
STATISTICS ON MENTAL ILLNESS

- 42% of Canadians were unsure if they would socialize with a friend who had a serious mental illness
- 46% of Canadians think people use the term mental illness as an excuse for bad behavior
- 27% are fearful of being around people who suffer from a serious mental illness
- 60% of people with a mental health problem or illness won't seek help for fear of being labeled

STATISTICS ON MENTAL ILLNESS



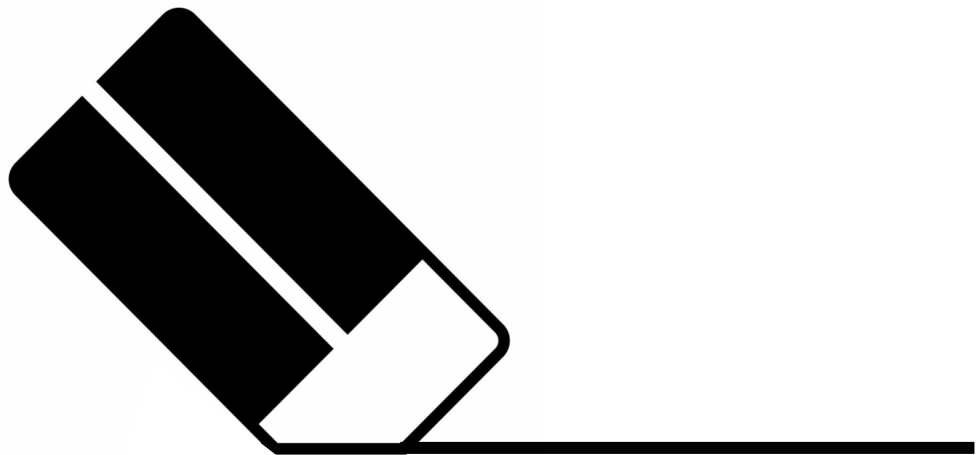
In any given year, 1 in 5 Canadians will experience a mental illness.



100% of Canadians have mental health.

REDUCING STIGMA

1. Know the facts
2. Be aware of your attitudes and behaviors
3. Choose your words carefully
4. Educate others
5. Focus on the positive
6. Support others
7. Include everyone



MAKING A DIFFERENCE



MENTAL HEALTH FOR LIFE



MENTAL HEALTH FOR LIFE

Routine Changes

- Teaching typically involves a structured, consistent routine
- Changes in our routines can lead to feelings of boredom, uncertainty, and/or anxiety about how to fill one's time

Identity Changes

- Teaching often becomes a significant part of a teacher's identity and life
- Retirement can lead to feelings of loss of professional identity and purpose, which can be challenging to navigate

Mental Stimulation

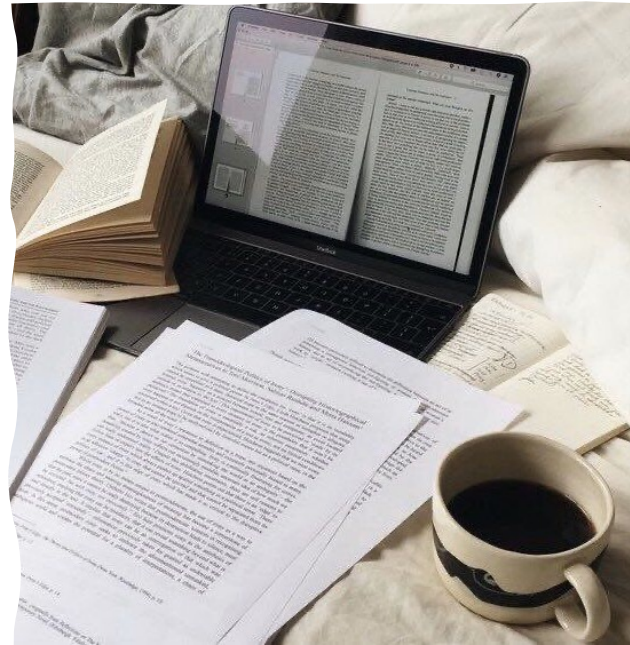
- Teaching involves constant learning and engagement
- In retirement, the change in mental stimulation can lead to feelings of stagnation and dullness

TIPS & SUPPORTS



MENTAL WELLBEING TIPS

- Acknowledge the emotions you are feeling
- Identify your support networks and coping tools and don't be afraid to reach out for help
- Explore your identity beyond teaching
- Set new goals for yourself



AGE-FRIENDLY REGINA

Age-Friendly Regina has a great guide on different mental health supports and wellbeing activities available in Regina

A guide for

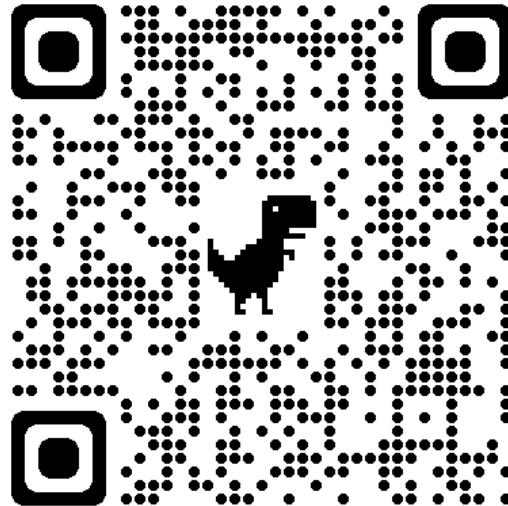
AGING WELL *in Regina*

Scan me
to take the guide
home with you!



MENTAL HEALTH SUPPORTS

- Kids/Teens Help Phone
 - 1 800 668 6868
 - Text 686868
- National Domestic Violence Hotline
 - 1 800 799 7233
- Suicide Helpline
 - 1 800 456 4566 24/7
 - Text 45645 from 4 pm to 12 am



- SK Healthline
 - 811
 - Ask for mental health unit
- SK Community Resources
 - 211
- Regina Sexual Assault Centre
 - 306 352 0434
- Regina Mobile Crisis
 - 306 757 0127

RELAXATION ACTIVITY



THANK YOU!

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