

# You are Not Alone



What is mental health? It is about our emotions and well-being. It affects how we think and feel about ourselves and the world around us. It can affect our thoughts, mood, behaviour. Mental health is important at every stage of our lives from childhood, teenage years and through adulthood.

This short video explores what is mental health and how it impacts youth as well as outlining ways to get help. *It is okay to not be okay. Ask for help.*

## Before Video

Prior to watching the video, you may wish to engage in a discussion about what is mental health? Having your students explore how mental health is connected to how they feel as well as their coping skills. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. When someone says “mental health” what does that mean to you?
2. Why is mental health important?
3. How does mental health impact our body?

## After Video

After watching the video, you may wish to discuss the information and review help seeking strategies. Listening, supporting and empathizing are great ways to help. You may prompt the discussion with questions such as:

1. How can I help others with their mental health?
2. How does positive mental health contribute to well-being?
3. Identify positive ways to maintain good mental health.
4. Who is in my circle of support? Identify an individual or trusted adults to talk to when feeling stressed, worried or overwhelmed.
5. Who can I go to for help at home? At school? In the community?

## Resources

Here are some additional resources that you can share with your students:

1. For immediate support, reach out to school staff such as your teacher or school counsellor
2. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444
3. **Kids Help Line:** 1.800.668.6868 or text CONNECT to 686868
4. <https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/child-and-youth-mental-health>
5. Visit [www.erase.gov.bc.ca](http://www.erase.gov.bc.ca)
6. <https://foundrybc.ca>
7. <https://www.surreyschools.ca/mentalhealth>