

Name: _____

Click [HERE](#)

Keep selecting Next to progress through the site and find the answers to the questions below.

Mental Health: Definitions and use of language

- 1) Poor mental health can result from _____

- 2) Mental health challenges are often _____

Stats

- 3) Percent of Canadians aged 12 to 19 who rate their mental health as excellent or very good _____
- 4) The percent of mental health challenges that begin during childhood or teenage years _____
- 5) What percent of Canadian youth experience at least one mental health challenge or illness before they turn 19? _____
- 6) Canada's youth suicide rate in the world, is _____

Stigma, prejudice, and discrimination

- 7) Read the two paragraphs on this page.
- 8) What is "stigma"? _____

- 9) Do you agree that we might treat someone differently if we feel uncomfortable with their behaviour? Explain. _____

- 10) Give two examples people who have been **stigmatized** in popular movies or TV shows you have seen and explain how you felt about it. _____

About identity

11) Are there groups who may experience higher levels of mental health challenges due to the life experience they may face? Who are they and why?

About Identity – Stats

12) How likely were children who live in lower-income families to report depression in early adulthood?

13) How many Canadian children experience homelessness every year? _____

14) Fill in the blanks: Nearly _____ of the homeless youth in Canada have _____, _____, and almost all experience _____.

Signs of mental health challenges

15) Read the paragraph, then click through the text blocks below to familiarize yourself with how a person may be thinking, feeling, or doing when they are experiencing a mental health challenge.

Signs of mental health challenges – Video

16) Select “View the transcript” and list the warning signs of 10 common mental health conditions

17) What should you do if you see these signs in yourself or a friend?

Mental health challenges in youth

18) Read the paragraph and then list the examples of stressors that can affect our mental health

19) Do you think you are at a time in your life where it is especially challenging? Explain. _____

Anxiety

20) What is anxiety? _____

21) When does this otherwise normal emotion become a problem? _____

22) How might anxiety affect you? _____

23) What percent of Canadian 15 + have symptoms consistent with generalized anxiety disorder? _____

24) What percent of Canadians will have at least one anxiety disorder in their lifetime? _____

Depression

25) What is the difference between sadness and depression? _____

26) What are some things you may experience when you are depressed? List them all.

27) What percent of males and females aged 12 to 19 have experienced a major depressive episode?
Males _____ Females _____

Skip ahead to **Building resilience – Self-care.**

28) List the 10 examples of ways you can practice self-care.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

9. _____

10. _____

29) Can you add any that you would use? _____

Getting help

30) Read the paragraph.

Getting help – Video

31) Watch the video or read the transcript to “*Said no teen ever.*” What is the message here?

Quiz

32) Try the quiz and do your best!

Now, click [HERE](#)

33) Familiarize yourself with this page.

34) What is the number to call if you are in crisis and have a mental health issue? _____

35) What is the number to call for suicide crisis? _____

36) What is the number of the Aboriginal crisis line? _____

37) What number do you call if it is a medical emergency? _____

Now click [HERE](#)

38) What is this site? _____

39) Look down the page at the **GET HELP** heading. What does it say below these words?
