

Things you should know about **mental health**



Most of us experience times when we feel off in some way. For example: sad, worried, guilty, scared or suspicious. These feelings can become a challenge if they last longer than two weeks or get in the way of our daily lives.

Mental health challenges can affect anyone. The signs may be visible to other people (like changes in behaviour) or invisible (like thoughts and feelings).

Here are some examples:

Sleeping or eating either more or less than usual

Feeling annoyed, restless or withdrawn

Keeping to yourself more than usual

Avoiding school, work or activities you previously enjoyed

Feeling confused or disoriented

Thinking about harming yourself or taking your life

Drinking or using other drugs excessively

Feeling like you're not yourself

Sometimes, you might not notice any major changes in someone's mood or behavior.

Next steps

- If you notice any of these changes reach out and talk to someone you trust to share how you're feeling or what you're struggling with. If you feel like you need more support speak with a professional.

If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868), or text CONNECT 686868 to chat with a volunteer crisis responder.

