

COMMUNITY RESOURCES

Help Ahead Community Program

Help Ahead is the centralized phone line to access child, youth and family mental health and well-being resources in Toronto.

To access counselling visit website or call: 1-866-585-6486

<https://www.helpahead.ca/>

Mental health services, Help and Support in your Community...more resources and support!

<https://www.ementalhealth.ca/>

FREE Mental Health counselling

Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available at the What's Up Walk-In® Clinic.

Monday – Friday, 9 AM – 7 PM |
Saturday, 10 AM – 3 PM

Call either numbers below or visit website <https://www.whatsupwalkin.ca/>

Caribbean African Canadian Social Services (CAFCAN) 416-740-1056

Apps:

Mindshift CBT

MyLife

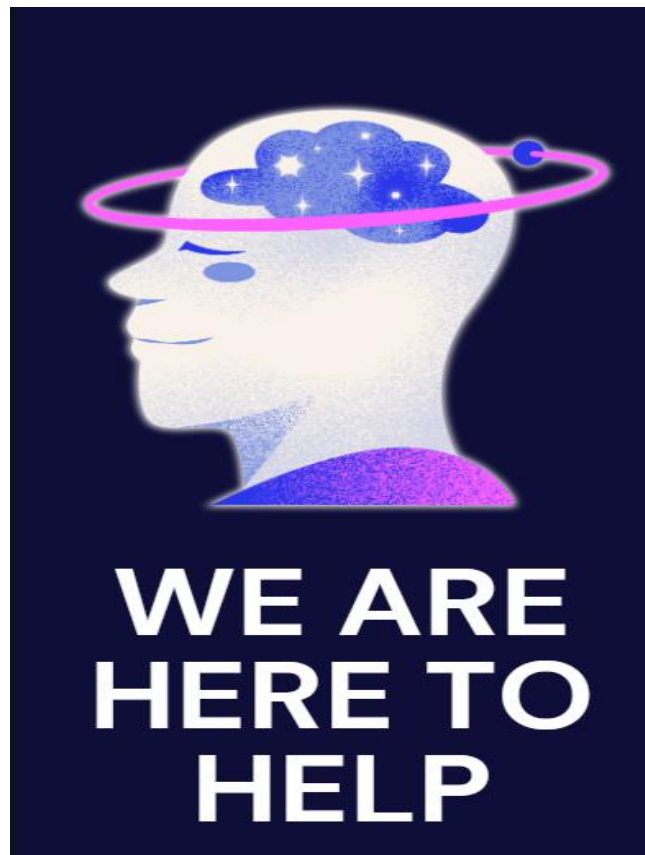
Breathe (Apple only)

Calm Apple version

Smiling Mind

Self-help for Anxiety Management
Apple version Headspace

Insight Timer



Thistleton C.I.

Mental Health and Well Being

Information and Contacts

Summer 2023

How do I know when to reach out for help?

Anger, worry and sadness can be a problem when:

- I feel this way almost everyday
- I feel overwhelmed and very upset
- It stops me from doing fun and important things
- It affects my sleeping and/or eating
- I use alcohol/drugs and/or other problematic strategies to avoid how I am feeling
- It affects my relationships with others

COPING TOOLS & STRATEGIES

- REACH OUT TO A CAREGIVER, TEACHER OR FRIEND
- LISTEN TO MUSIC, EXERCISE, DANCE, CREATE ART OR MUSIC
- PROBLEM SOLVING (CBT)
- PRAYING/CONNECTING WITH SPIRITUAL LEADER
- MINDFULNESS BREATHING EXERCISES
- PROGRESSIVE MUSCLE RELAXATION
- VISUALIZATION
- POSITIVE SELF-TALK JOURNALING

How to Improve Mental Health

- GO OUTSIDE – ENJOY FRESH AIR
- STAY CONNECTED WITH FAMILY AND FRIENDS
- REMEMBER IN-PERSON RELATIONSHIPS ARE NEEDED
- EATING HEALTHY & MAKING WISE CHOICES
- LIMIT CAFFEINE INTAKE, ESPECIALLY 6 HOURS BEFORE BED
- GET DIRECT SUNLIGHT EVERY DAY
- TURN OFF ELECTRONICS AT LEAST 30 MINUTES BEFORE SLEEP
- TRY GETTING UP AND GOING TO BED AT THE SAME TIME EVERYDAY
- WRITE YOUR THOUGHTS DOWN IF YOU WAKE UP WORRYING IN THE NIGHT
- READ A BOOK
- MAKE SURE YOU GET OUT OF BED - DON'T LIE AWAKE IN YOUR BED

GROUNDING EXERCISE

THREE THINGS... Name 3 things you see

Name 3 things you hear

Name 3 things you feel in/on your body

Repeat the same sequence with 2 things and then 1 thing

