



Youth Mental Wellness

During COVID-19
Westman





Are you feeling stressed or overwhelmed?

Take deep breaths

Find a calming space

Move your body in a way that feels good

Eat some comfort food

Make a list of things you need to do, then work on one thing at a time

Connect to your culture

Talk to someone you trust, or reach out to a phone line

Need help now? Reach out to a phone line

They are open 24 hours a day, 7 days a week and always confidential

Klinik Crisis Line 1-888-322-3019 or 204-786-8686

Support for people in crisis

**MB Suicide Prevention and Support Line
1-877-435-7170**

Support for people thinking about suicide or supporting someone with thoughts of suicide

Hope for Wellness Help Line 1-855-242-3310

Counselling and support for Indigenous peoples.
Online chat at hopeforwellness.ca

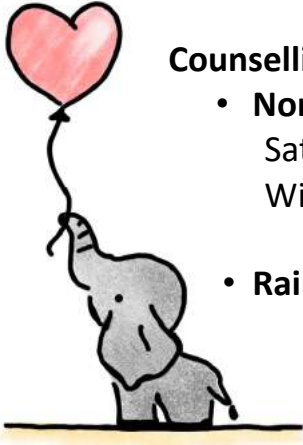
Kids Help Phone 1-800-668-6868

Support for youth. Online chat at kidshelpphone.ca
or **txt connect to 686868**



Support during COVID-19

School counsellors and teachers are still available. Services like counselling and resource centres are working a little differently right now, but they are still here to help too! Here's a few youth focused ones*



Counselling by Phone

- **NorWest Co-op** is doing youth counselling by phone Monday Saturday, 3:00pm to 8:30pm. Call 1-204-792-2277, Winnipeg based so long-distance charges may apply.
- **Rainbow Resource Centre** is offering by appointment phone counselling for 2SLGBQ+ folks and youth programs are running through Zoom and social media. Reach them at toll free at toll free at 1 -855-437-8523.
- **Child and Adolescent Treatment Centre** (1240 10th St) can offer support over the phone and crisis services are available. Call 204-578-2700 or toll free 1-866-403-5459.

Counselling Online

- **Manitoba launched AbilitiCBT**, a free internet-based cognitive behavioral therapy (CBT) open to anyone 16 or older. CBT works by helping you understand and change the thoughts, feelings and behaviors that are causing you problems. Find it at <https://manitoba.abiliticbt.com>.

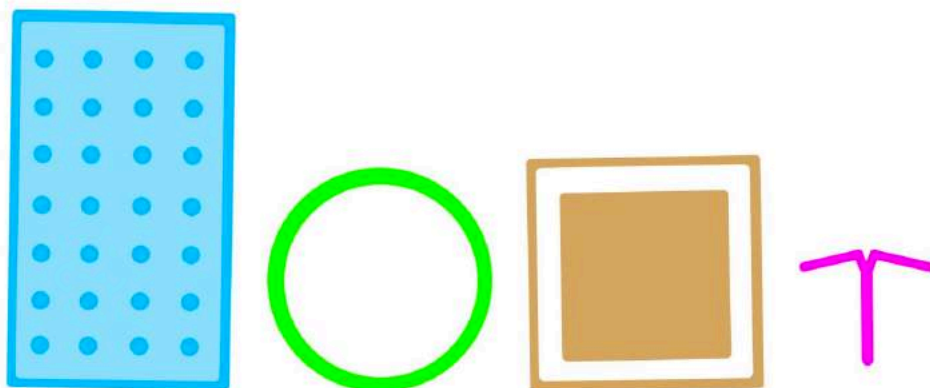
Supplies ~ Food, harm reduction and support navigating systems, etc.

- **The Women's Resource Centre** (729 Princess Ave) services such as counselling and advocacy are still available over the phone. Take out breakfast are available from 10-11 am, or until supplies last. Care packages of menstrual products and personal hygiene products are available while supplies last. Call 204-726-8632 or email reception@thewomenscentrebrandon.com
- **The Elspeth Reid Family Resource Centre** (255 9th St) is providing a Kindness Clothesline along the outside of their building. Folks are welcome to take any supplies that they need from the community clothesline.
- **Helping Hands** (111 7th St) is providing take-out meals from their location from 12:00 – 1:00 pm, Monday to Friday.

*What's open and how services are offered are changing all the time right now. Check-in with social media or call before you go to make sure organizations are still open.

Teen Clinics Are Open

- You can still get tested for STIs and pregnancy, get free or low-cost birth control, free condoms and access abortion, adoption or parenting supports.
- Most Teen Clinics are open, but some are doing things a little bit differently. It is best to call before you go.
- Find you closest Teen Clinic and their phone number at <https://teenclinic.ca>.
- Have questions about sexual health? Email SERC at thefactsoflife@serc.mb.ca. A response usually takes about two business days.



art by Simon, Daryan, Jaden and Quentin

SELF CARE



Listen to music

watch movies

create art

masturbate

make some food

move your body in a way that feels good

Wash your hands

keep up physical distancing

Read

walk the dog

smudge

do a hobby

Have a treat

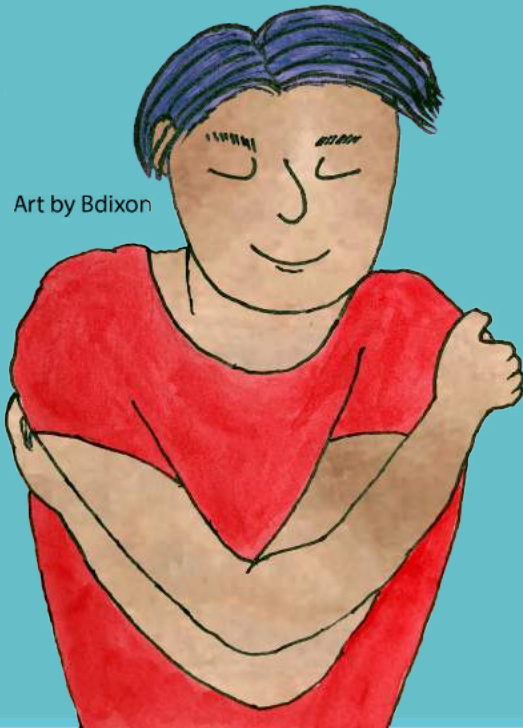
Make or look at memes

sleep

Txt friends

play games

Art by Bdixon



you're braver than
you believe, stronger
than you seem,
and smarter than
you think

A.A. Milne

Pathways to Health

Three people I can talk to:
(check out the phone #s on the first page)

- 1.
- 2.
- 3.

Three things I like to do:
(e.g. cooking, video games, talking with
friends/family, etc.)

- 1.
- 2.
- 3.

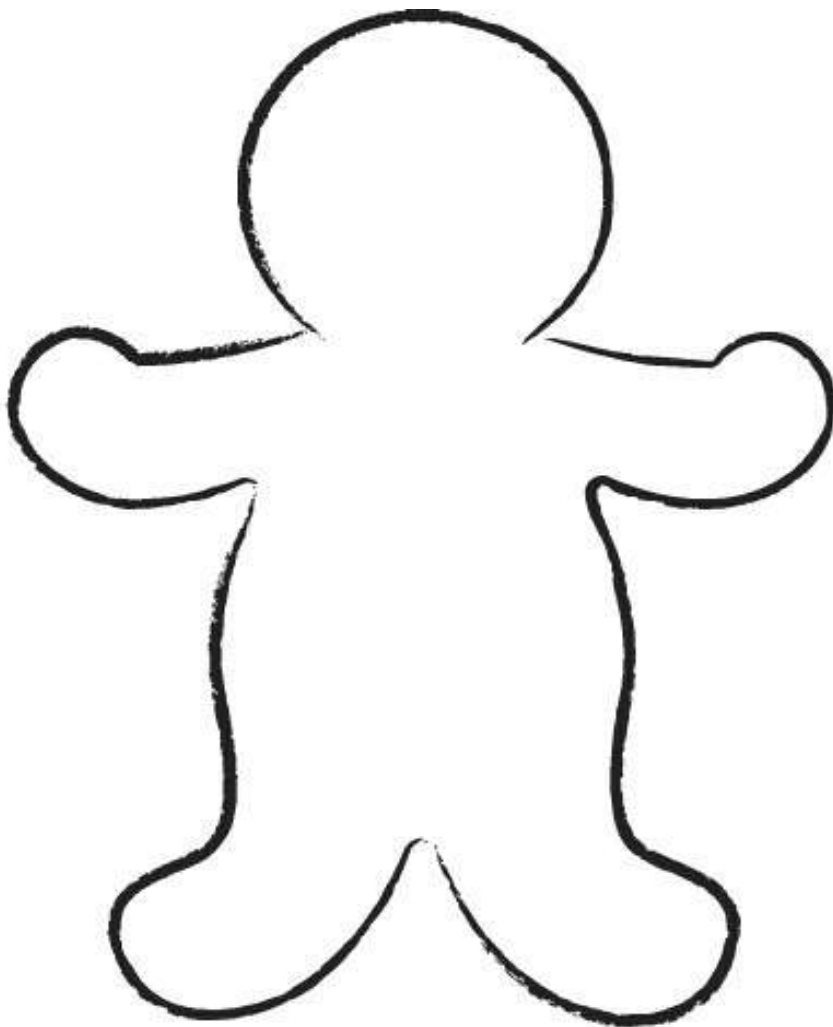
Three things I like about myself:
(e.g. my jokes, my sports skills, my music
taste, my smile, etc.)

- 1.
- 2.
- 3.



Building a Healthy Relationship with Yourself

- Write about things you do to take care of and nourish the different aspects of yourself.
- The head: represents your mental health.
- The heart area: represents your emotional health.
- The rest of the body: represents your physical health.
- The space around you: represents your spiritual health.
- All of the different parts of ourselves connect and can affect each other. For example, getting regular sleep and exercise (moving our bodies in ways that we enjoy) is good for our physical health, but it also nourishes our emotional health and our spirit.



Routine Can Help

Our usual lives might feel topsy-turvy right now. Having a routine can help us to find a new normal. Map out your day and then check in. Include sleeping, eating, school, activities, friends, family, cleaning, relaxing, etc.

6:00am _____

7:00am _____

8:00am _____

9:00am _____

10:00am _____

11:00am _____

12:00pm _____

1:00pm _____

2:00pm _____

3:00pm _____

4:00pm _____

5:00pm _____

6:00pm _____

7:00pm _____

8:00pm _____

9:00pm _____

10:00pm _____

11:00pm _____

12:00pm _____

1:00am _____

2:00am+ _____



Now that you've mapped out your day, ask yourself the following questions:

Are you getting enough sleep?

Do you have time to rest? Eat well? Move your body?

Do you have enough time to do your schoolwork?

Do you have enough time to connect with friends and family?

Are you using your spare time to do what you want to do in your life? Does it reflect your values and goals?

Stress Reduction Activities

As long as there have been people, we have had ways of healing and dealing with stress and hard times.

We hear a lot about “mindfulness based” mental health activities like the ones on this page. We acknowledge these have been adapted from Hindu, Buddhist and Yogic traditions from South and East Asia and that these activities were originally a spiritual practice.

Sometimes we may find that practices from cultural traditions that are not our own work well for us. It is important to learn about the history of practices and how we can use them with respect.

Resources

Stop Breathe & Think App - Helpful information and exercises for reducing stress and anxiety.

Stresshacks.ca - suggestions for other stress relieving activities.

Robot Ragdoll

Start where you are sitting. Tighten up your muscles as much as you can (like a robot). Now totally relax your body (like a rag doll). When you release all the areas you tightened up, you release tension that you were holding before you tightened in the first place. Consciously releasing tension in your body helps your body and mind relax.





Balloon Breathing

Put your hands out in front of you, palms facing each other a few inches apart. Inhale to a count of three, bringing your hands further apart, imagining that you are inflating a balloon. On the next count of three, deflate the balloon by slowly exhaling through your mouth and bringing your hands closer together. Repeat this three to five times.

A few minutes of deep breathing can help to reduce anxiety. Taking deep breaths increases oxygen flow which releases tension from the body and clears the mind. Try to do this a couple minutes every day and see how it works for you. This activity relieves stress and can help us feel calm when things are too much.

Head to Toe Relaxation

Lay on your back with eyes closed. Start by tensing the muscles in your toes for five seconds and then relaxing them for 30 seconds. Repeat this with other body parts, working your way up until you reach your head. This can help you notice the difference in your body between muscle tension and relaxation.



**your resilience
has your ancestors**

**cheering from
mountain tops**

**parting clouds with
their fingertips**

**letting sunshine
redeem itself**

-Tunchai Redvers



Cultural Practices

If we look into cultural practices, we can often find rituals, activities and ceremonies that help with mental health and reduce stress. One Indigenous cultural and spiritual tradition from this land is smudging.

Smudging includes burning medicines like sage, cedar and sweet grass to cleanse and heal. Smudging can be used to help de-stress, get through a hard time or to maintain mental wellness. People may also smudge to connect to their spirituality. Smudging can be part of reclaiming Indigenous identity, culture and power.

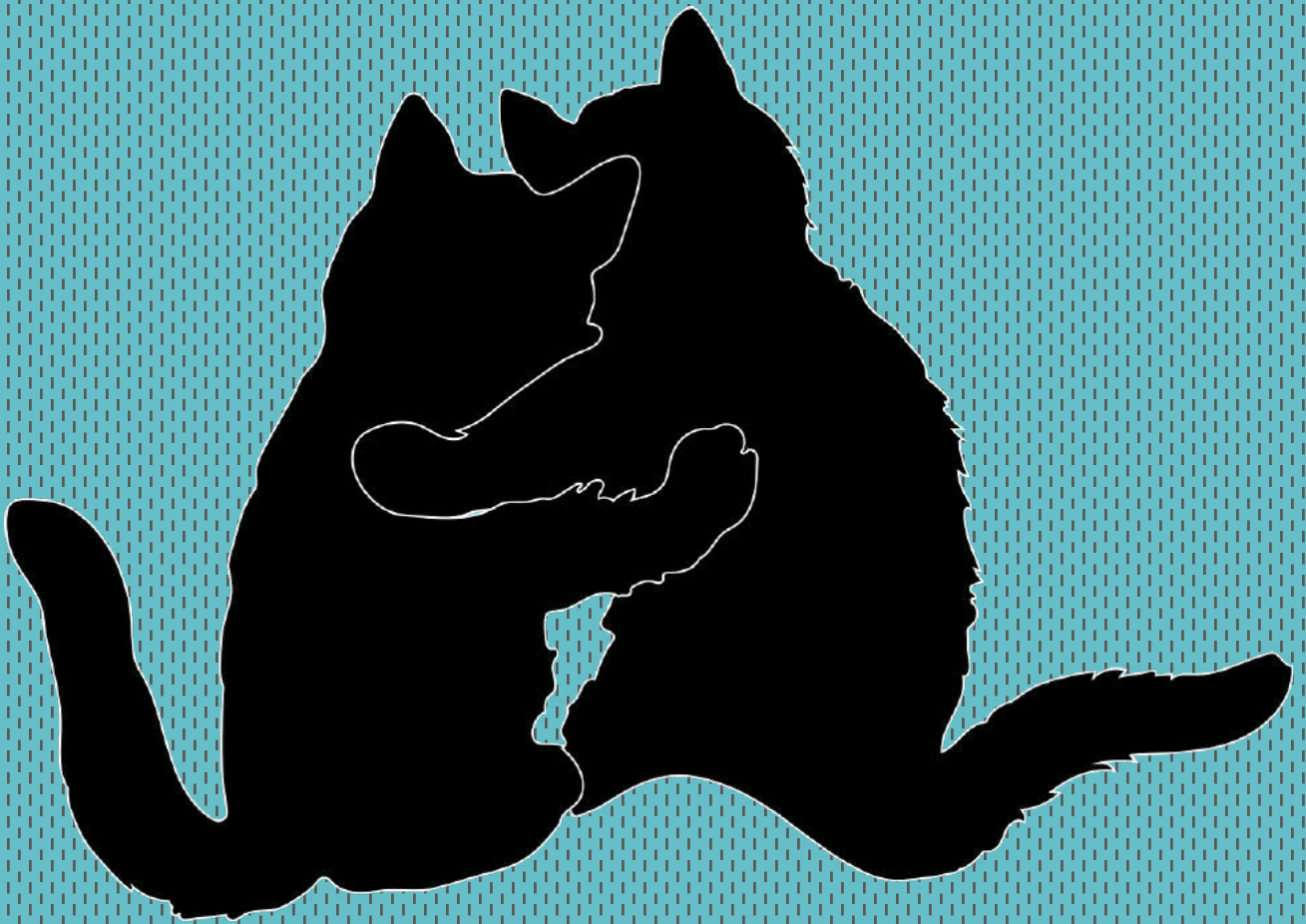
Like we said before, to avoid cultural appropriation, it is important to learn about the history of practices and how we can use them with respect. If your culture's spiritual or healing tools are being appropriated, it is ok to feel hurt and/or offended, or to feel your mental health is being affected. Talking to someone we trust who understands our feelings is important.

Other ways of releasing stress or healing

Indigenous knowledges teach us that talking, laughing, crying, shaking (includes dancing), yawning, sweating and yelling (not at someone and can also include singing) are natural and powerful ways of healing.

It also helps to move our bodies in ways that feel good for us, feed our bodies with good food, get enough sleep, etc. Doing some of these things and finding your own ways to heal can be really helpful throughout our whole lives.





When this passes, the first...

- Friend I'll see is _____
- Person I'll hug is _____
- Place I'll visit is _____
- Make your own!



Art lets us figure out our feelings by giving us a time to reflect and let things out.

Want to learn or practice acrylic painting? You can find supplies at most dollar stores. Check out this video on landscapes made with the help of Art Beat Studio:

<https://bit.ly/artbeatstudio>



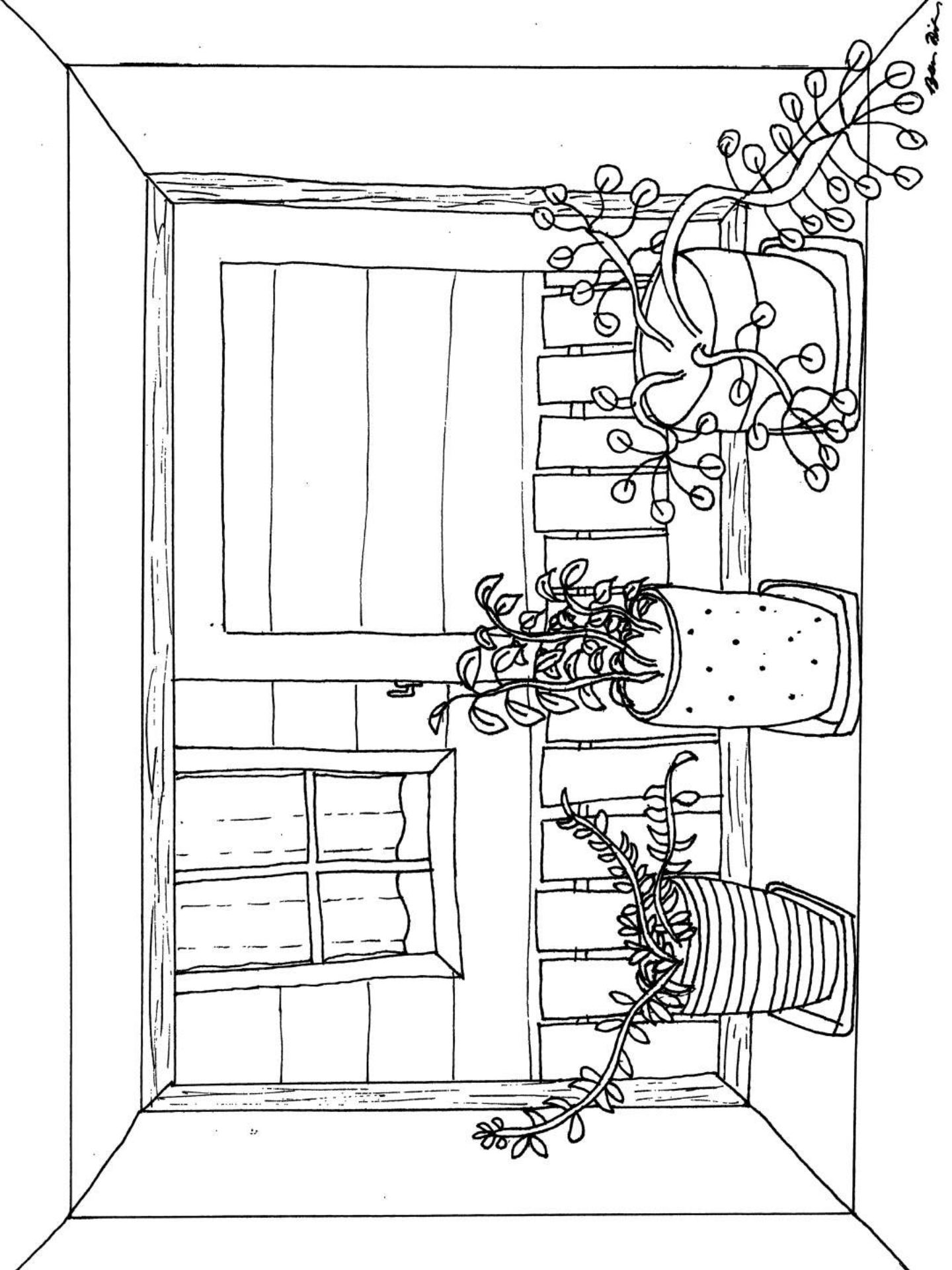
COLOURING pages

They can be a relaxing distraction and a fun outlet.
We've included a few in the next pages.

You can also find lots of pages online including from
Two-Spirit Anishinaabe artist Patrick Hunter from Red
Lake Ontario (now Toronto based).

Check it out here: <https://bit.ly/patrickhunter>









Ben Aris

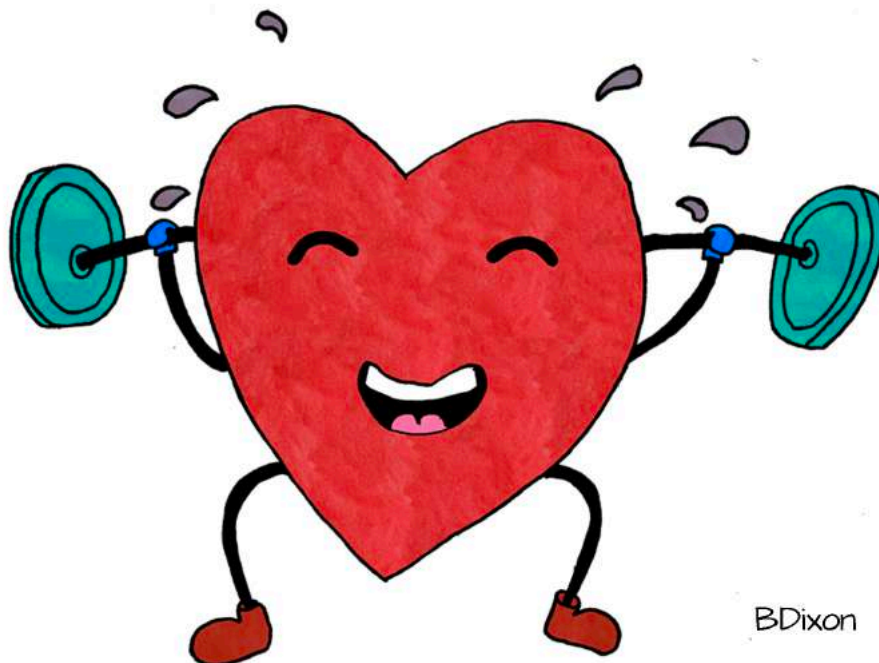
COMMUNITY CARE

Taking care of our community is part of self-care. If you are able, these are just some of the organizations that need your help. You can reach out personally, or by organizing something with help from your friends and family.

- **The Women's Resource Centre** needs travel sized shampoo, conditioner, soap, toothbrushes, and deodorant, as well as, food items for their breakfast program. Call 204-726-8632 or email reception@thewomenscentrebrandon.com to arrange drop off.
- **Samaritan House** accepts various donations but is now most in need for soups, baby formula, pasta, cereal, juice, canned vegetables, canned fish, meat, and beans. They also need laundry detergent, diapers and pullups, personal hygiene items, tissue, and toilet paper. Call 204-726-0758 or email info@samaritanhouse.net to arrange drop off.
- **Helping Hands** is in need of donations of items for take-out lunch kits, including paper bags, cutlery, sandwich bags, and napkins. They are also accepting donations of meal items such as bread, sandwich meat, fruits and vegetables, and granola bars. Call 204-727-4635 to arrange drop off.



- Help Next Door MB is a network to connect volunteers to those in need of help right now. <https://helpnextdoormb.ca/>.
- Put up community art. Post it around your neighbourhood and in your windows. Share your love.
- Support your neighbours who are more impacted:
 - Offer to pick up groceries.
 - Help with other chores like their spring clean-up.
 - Check-in regularly by phone or online.





Visit us at <https://teentalk.ca> and
<https://serc.mb.ca>



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@SERCMB



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@serc_mb



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