



SPEAK  
UP

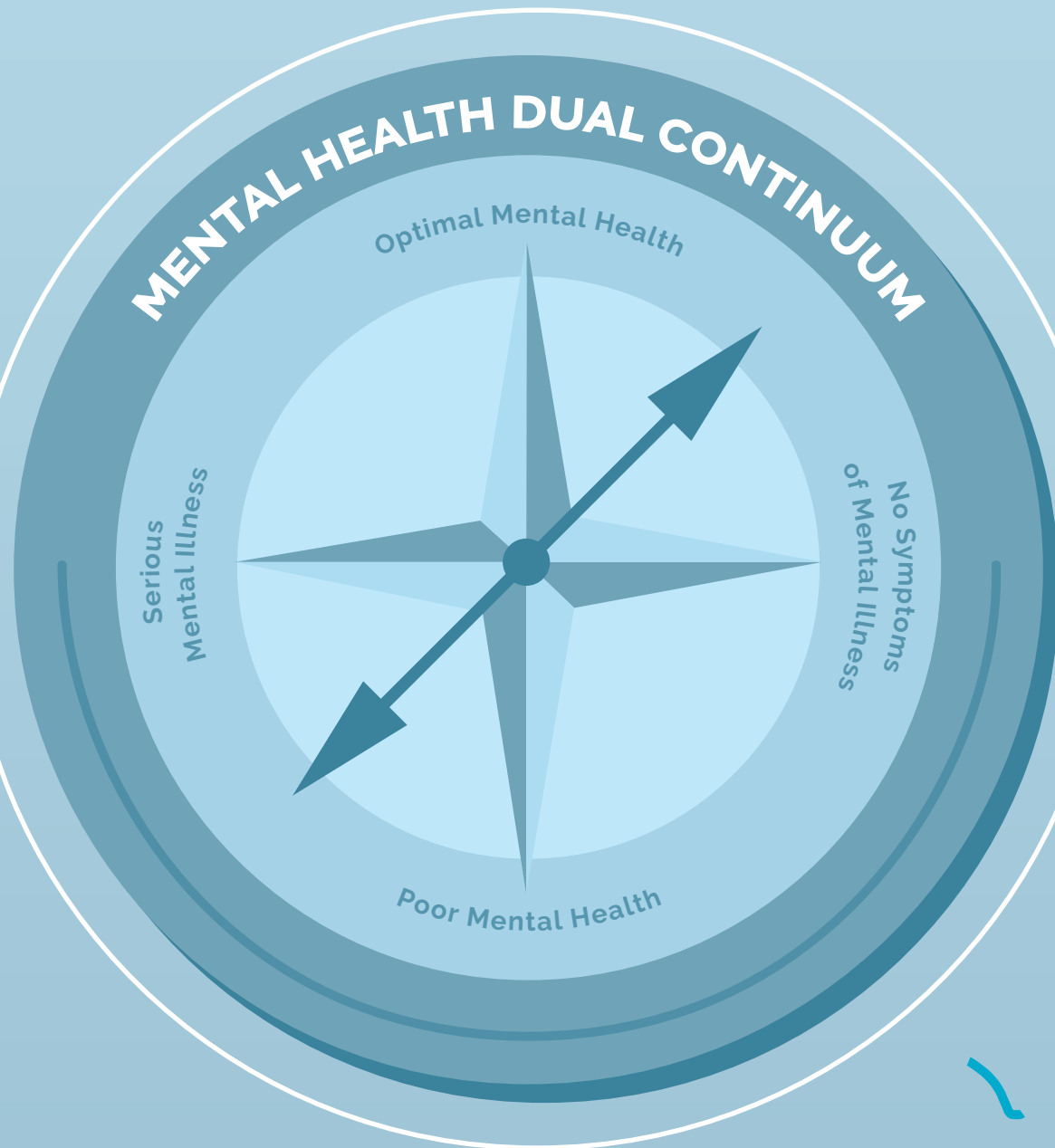


Canadian Mental  
Health Association  
Manitoba and Winnipeg  
*Mental health for all*

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_

# DAY 1



“ Mental Health is the capacity of each and all of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. ”

WE ALL HAVE MENTAL HEALTH



## GENERAL STATISTICS ABOUT MENTAL HEALTH & MENTAL ILLNESS

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1. Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group.
2. The number of 12-19 year olds in Canada at risk for developing depression is a staggering 3.2 million.
3. Suicide is among the leading causes of death in 15-24 year old Canadians, second only to accidents; 4,000 people (all – not just youth) die prematurely each year by suicide.
4. In Canada, one person in three will experience a mental health problem in their lifetime.
5. Nearly two-thirds of people with a known mental disorder never seek help from a health professional because of stigma.
6. In Canada, only 1 out of 5 children who need mental health services receives them.



# DAY 2

## FACT OR FICTION

- 1** A person who has one or both parents with a mental illness is more likely to develop a mental illness as well

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- 2** Mental illness is contagious

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- 3** Mental illness tends to begin during adolescence

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- 4** Poor parenting causes schizophrenia

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- 5** Drug use causes mental illness

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- 6** People living with mental illness can get over it if they try harder

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- 7** People with mental illness never get better

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- 8** People with mental illness tend to be violent

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- 9** Developmental disabilities are a form of mental illness

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- 10** People who have a lower income are more likely to have a mental illness than people who have a higher income

TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE

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TRUE OR FALSE





# TYPES OF MENTAL ILLNESS

## MATCH UP



<b>A. DEPRESSION</b>		Distorted perceptions in which a person sees, hears, smells, tastes or feels something that is not actually there.
<b>B. BIPOLAR DISORDER</b>		Experiencing extreme mood swings. People usually experience periods of wellness between episodes of depression or mania.
<b>C. ANXIETY DISORDER</b>		Symptoms may include distorted perceptions, hallucinations, delusions and difficulties with thinking /planning.
<b>D. OBSESSIVE COMPULSIVE DISORDER</b>		Excessive levels of worry and physical symptoms that significantly interfere with day-to-day life.
<b>E. POST-TRAUMATIC STRESS DISORDER</b>		Has a hard time establishing a sense of self or identity and understanding emotions.
<b>F. SCHIZOPHRENIA</b>		Negatively affects a person's mood and the way a person feels. This is more than a "bad day" or "feeling blue".
<b>G. HALLUCINATIONS</b>		Consists of cycles of bingeing (eating large amounts, usually sweet or high-calorie food) and purging (such as vomiting, using laxative, excessive exercise).
<b>H. SUBSTANCE ABUSE DISORDER</b>		Inescapable recurrent thoughts, impulses or images mixed with repetitive behaviours or mental acts such as counting, washing, checking, hoarding, touching, etc.
<b>I. BULIMIA</b>		Results from a variety of traumatic incidents, such as mugging, sexual assault, torture, bullying, car accidents, etc. The person may re-experience the event through; dreams, flashbacks, memories, etc.
<b>J. PERSONALITY DISORDER</b>		Having an irrational fear of body fat and weight gain. Individuals suffer from a distorted self-image and refuse to maintain a healthy weight.
<b>K. ANOREXIA</b>		A condition that leads to a compulsive engagement with an item, despite negative consequences. This can lead to physical and/or psychological dependence.

# VOICES SCRIPT

## DAY 3

### GROUP OF 3



### VOICE 1

Why aren't they wearing purple?  
Wait why aren't you wearing purple?  
Everything needs to be Purple!  
Throw purple paint at them!  
Stop listening to them,  
You should only listen to people wearing purple.  
Purple is all that matters, you should not talk  
to someone who is not wearing purple.  
Run away from them, don't listen,  
they're trying to make you like orange,  
you don't like orange.  
Tell them orange sucks.  
Yell at them and run!  
They're stupid and not your friend.  
Leave now! Run away!



### VOICE 2

This person does not like you  
They are laughing at you inside their head.  
Don't let them see you have feelings.  
Hide your face!  
They are mean!  
They are only talking to you so that they can have  
mean things to say about you to other people later.  
They are a spy or an alien.  
Do not trust them.  
They're definitely from Mars.  
Poke them in the stomach, check their ears  
and find out where their human suit comes apart.

# PEOPLE FIRST LANGUAGE

I AM A PERSON

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MY SISTER LIVES

WITH A -----

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SOMEONE I KNOW

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I AM HELPING  
SOMEONE WHO IS

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## OUT DATED LANGUAGE

– TRY NOT TO USE –

- Comit Suicide
- Crazy
- The "R" Word
- Insane
- Schizophrenic
- Psycho
- Homeless

## MISSING PHRASES

– EMPOWERING LANGUAGE –

- Died by suicide
- Developmental disability
- Living with mental illness
- Experiencing homelessness

DAY 5

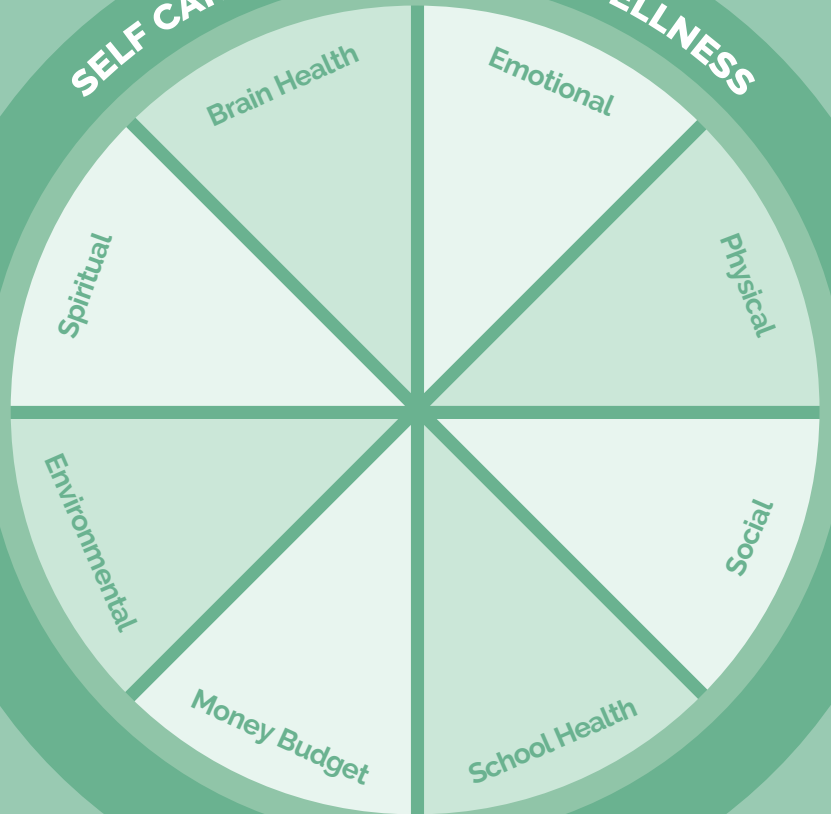
# RESOURCE BRAIN STORM





# RESOURCE ECO MAP

## SELF CARE DIMENSIONS OF WELLNESS



First Point of Contact

Second Point of Contact

Third Point of Contact



# EXTRA RESOURCES

Canadian Mental  
Health Association,  
Manitoba and Winnipeg  
[mbwpg.cmha.ca](http://mbwpg.cmha.ca)  
204.982.6100

Kids Help Phone  
1.800.668.6868  
[kidshelpphone.ca](http://kidshelpphone.ca)  
Text CONNECT  
to 686868

Klinic Crisis Line  
204.786.8686 or  
1.800.322.3019

Manitoba Suicide Line  
1.877.435.7170  
[reasontolive.ca](http://reasontolive.ca)

[teenclinic.ca](http://teenclinic.ca)

[stresshacks.ca](http://stresshacks.ca)

## FREE APPS



Mindshift



Breathe



Always  
There

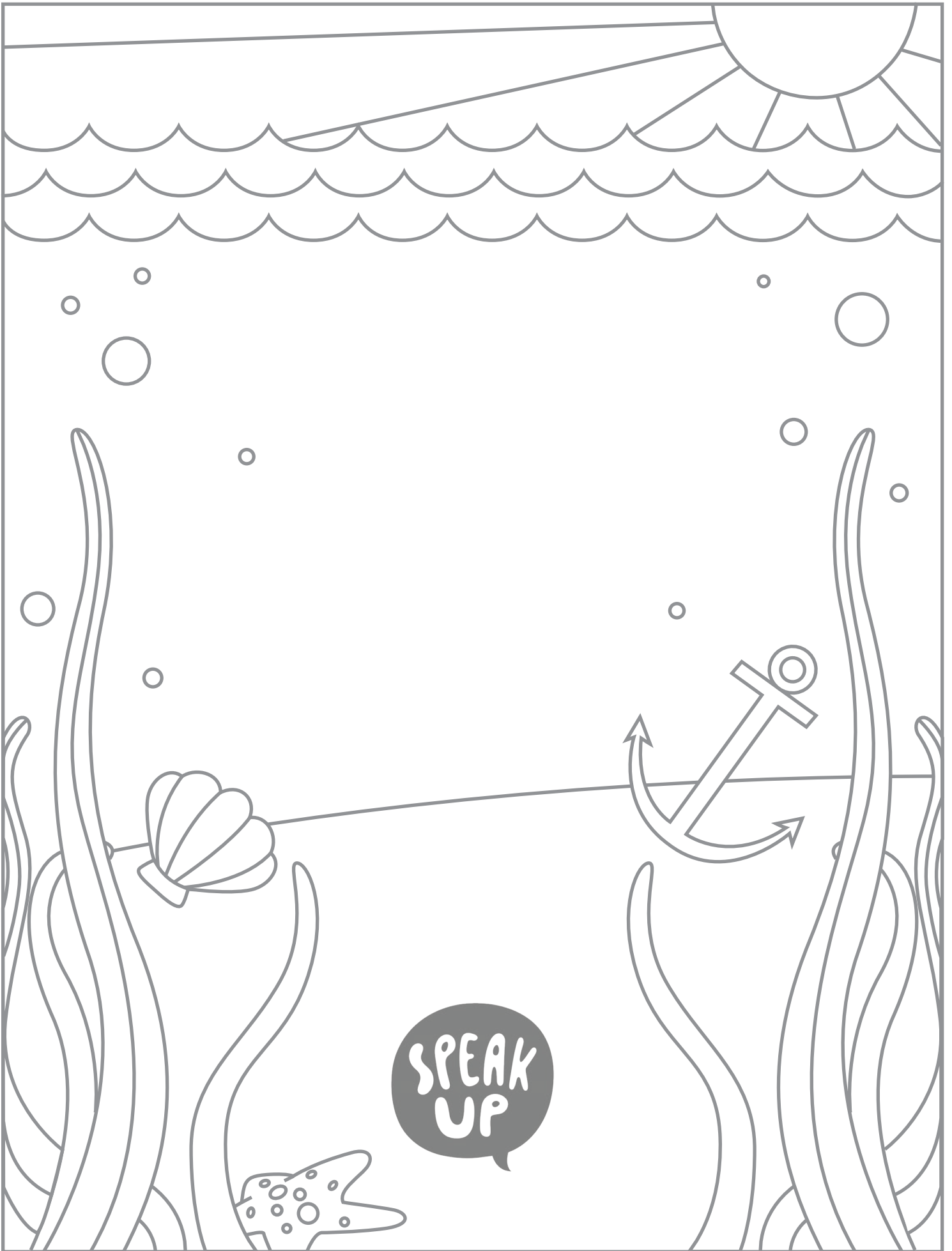


Calm in  
the Storm





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UP



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