

MY LIFE IN HIGH SCHOOL:

TIPS + TRICKS FOR SURVIVAL

Dealing with mental health, high school and what comes after graduation

MENTAL
health
MATTERS



This guide belongs to:

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INTRODUCTION



Welcome

Welcome to the North Shore Community Association (NSCA) guide to mental health and high school, a tool to help us talk about mental health, tips and tricks for high school, and what to expect after you graduate. We'll touch on lots of important issues related to being a teen.

Who is this guide for?

The information in this guide is meant for anyone struggling with mental health, and for those who may be concerned about a friend or a classmate. When you're facing hard questions, it can take a while to figure out what's actually going on. If you or someone around you is feeling lost, and in need of some help or information, this guide is for you.

!! This tool is not intended to provide a diagnosis, nor to offer medical advice. !!

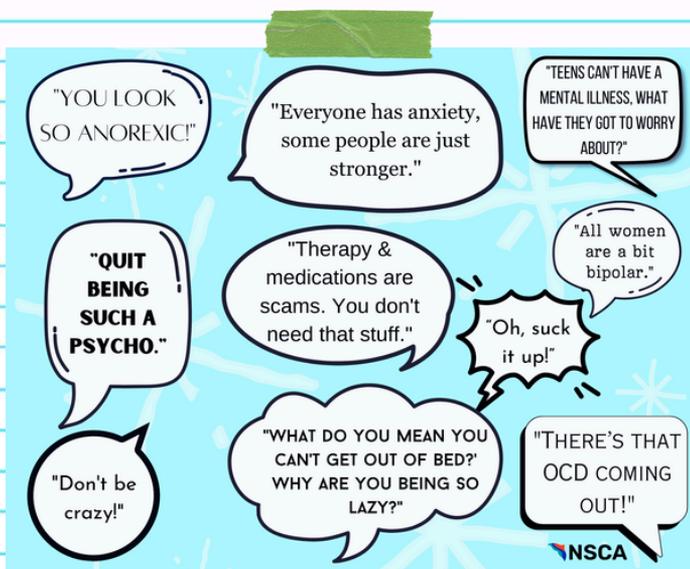
The purpose of this document is to give you some healthy, sustainable ways to get through the hard times. The goal is to show you the stepping stones to getting help- or for you to help someone else if they need it!- including from health professionals.

We want you to know that you are not alone, and that there is help out there.

How we talk about mental health

Have you ever noticed that people tend to be super understanding when they hear about a physical illness or injury, but if someone says they're feeling depressed or anxious, the reaction is either awkwardness or dismissal: just get over it, right?

There is still stigma¹ around mental health. What is stigma, exactly? According to Health Canada, stigma is when people have negative attitudes, beliefs, or behaviours about others because of their situation in life. Stigma can include discrimination, prejudice, and stereotypes. Here are some examples:



What can you do to decrease stigma?

You can start by not defining yourself or someone with a mental illness by the illness. Be respectful, compassionate, and caring, and take the time to educate those around you.



MENTAL HEALTH IN TEENS

Mental health versus mental illness

We often think that mental health and mental illness² are the same thing, but really they are two different things. Here are some quick facts about mental health and mental illness, to help us distinguish between the two:



Mental Health

- Mental Health is all about mental well-being. Someone who is mentally well can "realize their potential, cope with normal stressors and contribute to their community in a productive way" (World Health Organization, 2007).
- Mental health is about your physical, mental and social well-being. Good mental health allows someone to lead a fulfilling, satisfying life while dealing with everyday obstacles.



One in five people will suffer from a mental illness.



Every single person will be affected by mental health at some point in their life.



In 2016, nearly a quarter of Canadian teenagers aged 13 to 19 were living with a mental illness.

Mental Health Commission of Canada, 2013 & 2016

Most common types of mental illness in teens

Young people aged 15 to 24 are more likely to experience mental illness and substance use disorder than any other age group (Statistics Canada, 2013).

There are many different mental illnesses, some of which are very rare and can take years to diagnose. This section outlines some of the types of mental illnesses that most commonly affect teens, the symptoms associated with them, and the impact they can have on daily life.

² Taylor Counseling Group, "Mental health vs. mental illness: The difference and why it matters," <https://taylorcounselinggroup.com/blog/mental-health-vs-mental-illness>



Depression

Depression is a common mood disorder, defined as **persistent sadness** that lasts for at least two weeks and affects the ability to carry out everyday activities. Depression often co-occurs with anxiety disorders and substance-use disorders (Hall et al., 2009). Depression is the most common mental-health issue among young adults (Viens et al., 2017). Some signs of depression³ include:

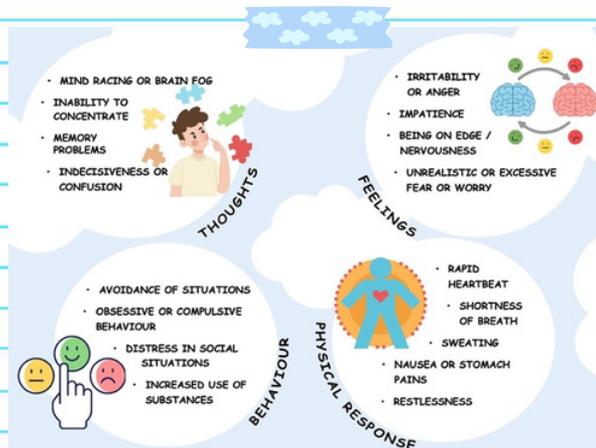
- ✿ a sad or irritable mood
- ✿ loss of enjoyment and interest in activities
- ✿ feeling tired or having no energy
- ✿ feeling worthless or feeling guilty about things that are out of your control
- ✿ suicidal thoughts and non-suicidal self-harm
- ✿ trouble concentrating or making decisions
- ✿ moving slower, or being unable to remain still
- ✿ sleep problems, including sleeping too much or not enough
- ✿ loss of appetite, or excessive eating



Anxiety

Anxiety can affect your **thoughts, behaviour, and physical well-being.**

Symptoms of anxiety are similar for both adults and adolescents, though some are specific to teens:



³ American Psychiatric Association. "What are eating disorders?" www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders



Eating disorders

Eating disorders are not just about food, weight, or appearance; eating disorders are serious and potentially life-threatening illnesses (Fairburn et al., 2003). People with eating disorders define their self-worth by the number on the scale, by how they look, and by what others might think of them, rather than things like friendships, school and achievements.

There are three main types of eating disorders.

- 1) **anorexia nervosa**, which is when a person uses extreme weight loss strategies to lose weight. Some warning signs include focusing on body shape and/or weight, excessive weight loss, and an intense fear of gaining weight.
- 2) **bulimia nervosa**, which is when a person has repetitive and frequent episodes of eating (usually in large amounts) and then, because they feel like they are not in control of their actions, makes excessive use of laxatives, vomiting, fasting and/or excessive exercising (American Psychiatric Association, 2023). The warning signs of bulimia nervosa include focusing on body shape and weight, repeated episodes of uncontrolled overeating (binging), and extreme weight control behaviours.
- 3) **binge-eating disorder**, is when a person has repeated episodes of eating an unusually large amount of food in a short period of time, and continuing to eat beyond the point of feeling uncomfortably full. People with binge-eating disorder often feel disgusted, distressed, ashamed or guilty about their actions.

It's important to know the signs that someone may be suffering from an eating disorder. For more information, check out Eki-Lib Santé Côte-Nord (www.eki-lib.com)





Personal testimony

"I was always active and involved in many sports. At around 15 years old, I stopped cheerleading. I went from doing 18 to 20 hours of physical activity a week to nothing. I started to eat in 15 minutes what I would normally have eaten in 48 hours. When my body went through puberty, it started to change. My hips got wider, I couldn't stop eating, and I gained weight. I felt like I had lost control of myself, my appearance and my state. I couldn't recognize who I was anymore. That's when I started looking on websites and trying different diets and ridiculous recipes to lose weight. It became addictive to see the number on the scale go down. It was never enough!"

-Caroline



Substance-use problems

Adolescence is a time to experiment and to experience new things. Some of you may want to use drugs and alcohol, like your friends. Any substance use by a teen should be regarded as a problem because of the lasting effects on your developing brain and mental health. Did you know that your brain is constantly developing, even into your mid-twenties? Substances like alcohol and drugs affect the brain in different ways. Alcohol, for example, can affect the parts of your brain where decision-making happens, while cannabis use can affect your IQ and your memory.

You might have different experience with substances during your teenage years, using only a small amount once or twice, but you can develop a pattern of heavy usage.

ASKING
— for —
HELP
is OK



Check out the Alcoholics Anonymous and Narcotics Anonymous websites for more information



Drugs and alcohol can have a negative and even permanent impact on your life: you can become dependent, and need to use drugs or alcohol to function in everyday life. That's when you're at higher risk for developing a substance-use disorder. Although teens are statistically less likely than adults to develop a substance-use disorder, it doesn't mean that it can't happen to you or someone you know.

Here are some of the signs that alcohol and drug use have crossed the line and should be recognized as a substance-use disorder:

- * strong cravings and being unable to cut back
- * repeated use despite alcohol or drugs causing mental or physical health problems
- * repeated use in physically dangerous situations (such as driving a car or riding a bike)
- * Withdrawal⁴ symptoms, or the need to use to avoid withdrawal symptoms (such as irritability, mood swings, insomnia, anxiety, nausea and vomiting, fatigue, and panic attacks)



The use of alcohol and drugs can also be a sign that something else is wrong, and even point to an underlying mental illness. Young people tend to self-medicate for a number of reasons, often using alcohol and other drugs to help them cope, but in the long run, alcohol and drugs are more likely to make the problem worse. They can also make you do things you will regret, such as:

- * imitating dangerous stunts seen on TV or on the internet
- * engaging in criminal activity like theft or vandalism
- * Engaging in sexual violence or physical assault

Mental Health Matters

Recovering

Just as mental illness can affect every individual differently, recovery looks a bit different for everyone. You'll know you're on the path to recovery when you can live your everyday life again, even if you are still experiencing some symptoms of a mental illness. Recovery is a life long journey, and it's not just about getting rid of symptoms.

Recovery also almost always includes setbacks, but it's important to remember that any progress is better than none. This video has some useful insights about recovery:



YOUTUBE: what is Recovery in Mental Health?

When setting your recovery goals, or even just goals for everyday life, remember to use SMART goals:

01	02	03	04	05
Specific	Measurable	Achievable	Realistic	Time-Bound
S	M	A	R	T
The more specific you are, the clearer the steps will be to get there.	How are you going to track your improvements?	Make a plan. Dreams become goals when there are plans attached.	Make sure your goal is still something you want to be working on.	Know how much time you need to accomplish your goals.



Start jotting down some SMART goals here:

S

M

A

R

T

Coping skills and self-care

Is there a difference between coping skills and self-care? Yes! Coping skills⁵ are tools that are helpful in the moment to respond to negative or stressful situations and experiences; coping skills are used when unexpected situations arise. Self-care tools, meanwhile, are used to make you feel better after an unexpected situation or crisis, or to help prevent one from occurring.

Coping skills can include:

- * Deep breathing
- * Grounding techniques
- * Talk about your difficulties with friends
- * Identifying stressors and dealing with difficulties as they come



5 Good Grief, "Self-care for health: Top 3 coping strategies," <https://good-grief.org/self-care-for-health-top-3-coping-strategies>



What are some other coping skills you can think of?

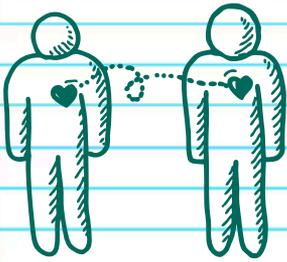
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You Got This!



Who do you think needs self-care the most?

- a) A parent raising children
- b) A young adult working a full-time job
- c) A teen

The answer is... all of the above!

Throughout adolescence, you are under immense amounts of stress and pressure. You are surrounded by concerns about school, relationships, and self-discovery. Schedules, socializing, activities, and work can take up a lot of your time. You also have to navigate understanding who you are, what you want to become, and where you belong.



There's lots of social pressure to perform well in school and other activities. But perfection isn't realistic; all you can do is your best. Self-Care is absolutely necessary to help ground you as you face the challenges of school, family, friendships, relationships, self-discovery... and just life! Try to remember these four things:

- * **Practice every day:** Start building habits as a teen to make sure you have healthy habits as an adult.
- * **Short amounts of time:** Self-care doesn't have to mean a weekend trip or a long yoga retreat. Small moments of even 10 or 15 minutes a day can have a huge impact.
- * **Do what brings you joy:** It is important to know what kind of activities bring you joy. It could be petting your dog, or reading a book.
- * **Identify what causes you stress:** You know yourself best, and you know what causes you stress. Once you have identified this, you can mindfully complete your self-care and be able to assess if it is working or not.

TYPES OF SELF CARE

Physical

sleep
stretching
walking & exercise
nutrition
yoga

Emotional

compassion
therapy
journaling
gratitude
affirmations

Social

boundaries
support systems
positive social media
friends
communication

Spiritual

alone time
meditation
prayer
nature
safe spaces

Personal

hobbies
creativity
setting goals
identity
authenticity

Space

safety
healthy environment
stability
clean spaces

Financial

saving
budgeting
money management
financial boundaries

Work

time management
work boundaries
breaks

Did you know that there are eight different kinds of self-care? Which ones are you already practising?

If you didn't identify any, that's okay too. Self-care is a learning process. Did any of the ideas⁷ inspire you?

SOURCE:





What to do if you're struggling

When you're struggling with mental health, it might seem impossible to think clearly. You might feel like there's nothing you can do. But there is a way to plan for wellness, even in hard times.

If you're struggling, the first step is to seek out someone in your social network to talk to- a friend, sibling, or classmate. The goal is to be able to vent, to discuss what it is you're struggling with, and even maybe to see if you can come up with solutions together. Try to focus on positive things, rather than negative aspects. If you and your peers can't come up with a solution together, ask for help from a trusted adult- a parent, family member, teacher, school staff member, or social worker.

You might try to change your outlook by participating in different activities or outings with friends. And be sure to follow up with the person who helped you to let them know how you're doing.

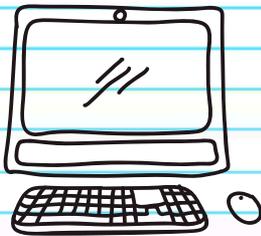
Creating a safety plan

It's also important to create a safety plan if ever something goes wrong and someone needs information.

Your safety and well-being is the number one priority and you should always have a plan to ensure that you are safe. When creating a safety plan,⁸ there are some important things to consider, such as what information you want or need to include in your plan. Ask yourself the following questions:

- * Where can I keep my safety plan so it's easy to find but still in a private place?
- * Where or when might I need to use my safety plan?
- * When was the last time I felt safe? What helped me feel that way?
- * What are some signs that tell me that things may be getting worse or unsafe?
- * What are my go-to coping strategies to manage unsafe thoughts and feelings?
- * Who can I connect with when I need support, and how do I contact them?
- * Where are some potentially safe spaces I can go to if I don't feel safe where I am? How do I get there? What should I bring?
- * What do I want my future to look like? What are my hopes and dreams?
- * What are the nearest emergency and community services? How do I contact them when I need support?

There's also a great free mobile app available for download, the BeSafe App by mindyourmind.





SCHOOL LIFE

When you're dealing with a mental-health problem, high school can seem challenging, and hard to navigate. We've already talked about mental illness and some of the warning signs; we also want to touch on how mental health affects school life, who you can turn to for help, how to make the most of every second of your time there, and what to expect after graduation.

How does mental health affect school?

Mental health can affect many aspects of your life and your performance at school. Almost everyone who's dealing with mental illness and trying to navigate high school will face some challenges:

- * Fatigue and low energy, including having trouble getting up for school or staying awake in class
- * Having a hard time concentrating, or getting distracted
- * Having trouble getting along socially
- * Feeling down and being hard on yourself
- * Having trouble staying organized
- * Challenges with problem-solving and coping with everyday stuff
- * Feeling unpredictable and impulsive
- * Reacting inappropriately
- * Isolating yourself from friends and family

All of these situations have a lasting impact on your academic performance and participation. Concentration, motivation, optimism, and determination are so important when it comes to academic success, which is why students who are experiencing mental illness are more likely to struggle in school. School social interactions and friendships can also be affected.



Disclosure and confidentiality: who can I talk to?

Some schools have healthcare professionals, such as special education technicians or counsellors; some schools may even have a nurse or social worker on staff. Depending on the roles and qualifications of these healthcare professionals, different services can be offered. Students can even get a referral for the right service (there's a pretty comprehensive list of resources for you at the end of the document).

Before you start confiding your worries in someone, you might be worried about **confidentiality**. The information you provide and the discussions you have with the healthcare professionals are confidential, meaning that what you say will not be revealed to any person outside the office or safe space unless you expressly give your permission. This guarantee of confidentiality is necessary to ensure a safe, secure environment for students to explore their options, ask questions, and seek advice related to important issues.

Note that confidentiality does have legal limits: it is the duty of every citizen to report suspicions of neglect or endangerment when a minor is involved to the Department of Youth Protection (DPJ). This refers to **disclosure**, which means that what you say will be shared with someone else, such as the police, the DPJ, another mental health professional, or your parents or guardians, to secure assistance and make sure you get the help you may need.

Disclosure is required when you say (orally, in writing, through drawings, on social media, or otherwise) that you are at risk of hurting yourself or others. Disclosure also often happens when you mention that you or someone close to you is experiencing abuse or neglect or is in danger.



These legal limitations are put in place in order to protect the development and well-being of every child, which is why information in the situations outlined above may be disclosed to these professionals. When information is disclosed, it is only shared with other professionals who are qualified to evaluate the information. Remember, disclosure happens because the person you are confiding in wants what's best for you. If you or someone you know is experiencing any form of abuse (physical, emotional or sexual) or neglect, please speak to someone you can trust so they can help you get in contact with the right professionals.

And remember, for any emergency or if you are in immediate danger, call 911.

DPJ Côte-Nord:

835 boulevard Jolliet
Baie-Comeau, QC G5C 1P5
1-800-463-8547 / 418-589-9927



Sûreté du Québec:

Sept-Îles:
151 rue Père Divet
Sept-Îles, QC G4R 5M8
418 962-9438



Port Cartier:

63, route 138
Port-Cartier, QC G5B 2J2P
418 766-2112

Baie-Comeau:

1010 rue Mingan
Baie-Comeau, QC G5C 3C3
418-589-3788



Getting help at school

There are many times when you may need help over the course of your five years of high school. It's always okay to ask for help; you shouldn't suffer or face challenges alone. If you need help, whether it's for mental health support, help with homework, choosing the right CEGEP or vocational program, or anything in your daily life, all you have to do is ask! It's always a good idea to ask someone you trust, like a teacher, social worker, special education technician, or counsellor. These professionals will know how to help or how to get information on whatever it is you're asking about.

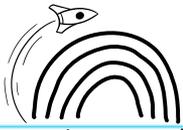
Academic support

If you're struggling with academic subjects, consider asking a teacher or friend for help. Teachers and other students may be able to provide tutoring. Teachers especially want their students to succeed, and they can offer tutoring or extra practice, or help you find other strategies. Seeking help is half the battle.

"Success is not final, failure is not fatal. It is the courage to continue that counts."

-Winston Churchill

Learn Quebec also has lots of resources for students, including a section specifically for secondary-level content, with services like online tutoring, how-tos for students, subject help, exam preparation resources, tutorials, and specific subjects such as ELA, FSL and other areas divided by topic and grade level. Be sure to check out the Learn Quebec website: www.learnquebec.ca/home



How to make high school more enjoyable

High school should be a time filled with learning, growth, and finding yourself, but it can also be a stressful time. Your high school experience should be fun! Remember too that the skills you learn about are going to prepare you for the next chapter in your life, whether that means pursuing vocational studies, going to Cegep or university, or heading straight to the labour market. No matter what the future holds, there are some ways to make high school easier:

- * Find balance and embrace a healthy lifestyle. Grades are obviously very important, but you need to find balance between studying and having fun! One way to combine school work and fun is to study with a friend, or take breaks to dance, go outside, or just sit and relax. While you're studying, be sure to eat a nutritious snack or meal. And reward yourself for your success by doing something you love to blow off a little steam.
- * Choose extracurricular activities carefully. Get involved with a school program, club or sports team. Extracurricular activities are a great way to make new friends and have a social life while being productive, and participating helps develop a greater sense of collaboration and community in the school. Be sure to choose something that matches your personality and passions.
- * Communicate with others and surrounding yourself with positivity. Positive, open communication is based on respect, and that's a two-way street. Show respect in the way you talk and the way you present yourself to your teachers and classmates. Good communication can create a positive environment and help lessen judgmental attitudes.

BREAK • the • STIGMA

* Learn how to manage your time and stress with methods that work for you. Time management means being aware of distractions and time-wasters, and reducing them; it also means acting to replace whatever it is that wastes your time with active and responsible study habits. Stress will always be a part of life- after all, it's what helps you get the energy and motivation to get up in the morning and go about your day. But stress can get out of control, depending on the situations you're facing and on your ability to cope. Creating time-and stress-management strategies early on will help you both in your academic life and later in the workforce.

* Study methods, assignments and learning to accept criticism. Studies have shown that you learn better and remember more when you study the same material two or three different ways, with a break between each study session. Studying doesn't have to be boring; be creative! Rewrite your notes with coloured pens, make flashcards, make a game out of it. When you get an assignment, use a time management strategy and set a personal deadline for when you want to get the assignment completed. It's better to get started as soon as possible, since things can go wrong if you procrastinate. Take the time to read your teachers' comments and ask what you could have done to improve your grade. We all make mistakes; it's totally normal, and making mistakes helps improve the skills you already have and acquire new ones.

On the next page are some reminders for how to make your time in high school more enjoyable:

How to make your time in High School more enjoyable!

- Attend school activities like dances and in-school activities like lunch-time bingo and carnival day.
- Join student council or start a new club at your school.
- Discover a passion: this time in your life is the perfect moment to discover something new that you love to do.
- Join a sports team or show your support for your school's teams.
- Be friendly with everyone: the greatest thing you can do is be kind.
- Create a vision board with goals for the year, or a bucket list of things you want to accomplish before you graduate.
- Create a morning and night routine. Be sure to get enough sleep- it helps with concentration, memory and mood.
- Take pride in your appearance, which means having good personal hygiene. Wearing clothes you like can help boost your confidence, too.
- Stay optimistic. Things can and will get tough from time to time, but if you stay positive, you can get through anything. If you do need help, be sure to ask.
- Come to class ready to learn. Turn off your cellphone, take notes and ask questions.
- Learn some time management skills; you'll need them for the rest of your life.
- Make friends. Take pictures and make memories together. High school friends can last a lifetime.
- Try to get outside as much as you can. Your body will thank you for the vitamin D.
- Be confident in your decisions and avoid peer pressure. Don't let people pressure you into doing something you don't want to do.
- Finally, be yourself: dress the way you like, style your hair how you want, and be true to you.

AFTER GRADUATION



You're into the home stretch. But... now what? It's time to think about what comes next. Cegep? Vocational studies? Work? Travel? Life after graduating from high school involves some pretty major decisions, which can feel complicated, with lots of different variables to consider.

Tips for a smooth transition

A smooth transition to life after high school takes into consideration different academic, individual, family, social and cultural aspects (languages you speak and understand, gender, ethnocultural background, indigeneity, rural or urban context, and so on), all of which will have a lasting impact on the motivation and commitment you have at school, as well as on your academic perseverance and success.

There are many different factors to consider when making a decision about what comes after high school. What is best for you?

Further studies

Take your time to think things through and ask yourself if higher education, like Cegep or university, is for you. Is that something you're interested in? Here are a few questions that can help shed some light on your next steps:

- *Is education the right path for me?
- *Am I sure about the field of study I want to choose? What are some other options?
- *Do I have the skills necessary to be able to handle the demands of higher education, like time management and motivation?
- *Do I have the willingness to stick to my educational goal for at least one semester? Can I continue into the next semester and those after that?

*Am I independent enough to complete work on my own, to get the necessary information from my teachers, and to advocate for myself if I need to?

If you're choosing to pursue your education, the first thing you should think about is field of study. Perhaps you don't need a college degree for the field you're interested in. There are alternatives to Cegep or college: you can get a vocational diploma. There are lots of great trades to study, and those programs are usually fairly short. Although vocational programs on the North Shore are often in French, there are many vocational schools across Québec that offer courses in both French and English. If you need help finding the one that's best for you, see a counsellor or ask school staff to help you find more information; they can also put you in contact with admissions departments, so that you can ask about the programs themselves, and other details like tuition costs, full-time versus part-time study, residence or off-campus housing, financial aid, bursaries, and so on. Contact information for North Shore vocational schools and Cegeps are listed below:

Cégep de Sept-Îles
175 rue de la Vérendrye,
Sept-Îles
418-962-9848
communications@cegepsi.ca
<https://cegepsi.ca/>

Centre de formation
professionnelle de Sept-Îles
9 rue de la Vérendrye,
Sept-Îles
418-964-2881
nady.sirois@csssdufer.gouv.qc.ca
<https://cfpgsi.cssdufer.qc.ca/>

Cégep de Baie-Comeau
537 boulevard Blanche,
Baie-Comeau
418-589-5707
admissions@cegepbc.ca
communications@cegepbc.ca
<https://cegepbc.ca/>

Centre de formation
professionnelle de l'Estuaire
34 11e rue, Forestville
&
570 boulevard Blanche,
Baie-Comeau
1-800-463-2238
info@cfpestuaire.com
<https://cfpestuaire.ca/>

You can make an appointment with an academic advisor to get more information and to get answers to your questions:

- * Find out about career possibilities and different trades and professions
- * Find out about programs and secondary, Cegep, and university requirements
- * Search for specialized information related to a specific career choice or program of study
- * Consider your choices in light of your academic record and personality profile
- * Get help preparing your application for admission to a vocational training centre, Cegep, or university, or for different admission protocols

You can ask advisors the following questions:

- * Who is responsible for helping students if they are dealing with a mental illness or substance-use disorder? Where are these services located on campus?
- * What kind of accommodations can be made if a student has a learning disability or has a diagnosed mental illness?
- * If you get sick during the semester and cannot attend classes, what happens? Can you complete your assignments or write exams at a different time? Would you get an incomplete grade for the class? What exactly does that mean?
- * Are there any tutoring or extra help services offered? Are there any peer counseling groups for students who may be dealing with mental illnesses?

THERE'S HELP



National resources:

Kids Help Phone

<https://kidshelpphone.ca>

Kids Help Phone is a Canadian charitable organization that provides online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada. Kids Help Phone also provides information on how to access community support services for youth.

Text 686868

Call 1-800-668-6868

BounceBack Program (Canadian Mental Health Association)

<https://cmha.ca/bounce-back/youth>

BounceBack is a free mental health coaching program for youth aged 15 and up who are experiencing low mood, worry, and stress. Using a series of self-selected workbooks and supported by a trained coach, you'll learn skills to manage low mood, worry, and stress, and to improve overall mental health. There are nine workbooks, all of which are adaptable and flexible to meet your specific needs. Since being launched in 2008, BounceBack has been shown to reduce symptoms of depression and anxiety by 50% at program completion.

Hope for Wellness Help Line (First Nations)

www.hopeforwellness.ca

Connect to the 24/7 online chat on their website.

Services available in English and French, and by request in Innu, Cree, Ojibway, and Inuktitut.

Call 1-855-242-3310

More national services

www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html#

Provincial resources:

Rise or Shine

<https://positivementalhealth.ca>

Positive mental health tools to support the development of social and personal competencies for youth and the creation of favourable environments for their mental health.

Sexual Violence Help Line

Resources for victims of sexual assault, sexual exploitation, or any other form of sexual violence.

24/7 service

1-888-933-9007

Getting Better... My Way

<https://allermieux.criusmm.net/en/am-home>

Getting Better... My Way is a self-management support tool that can help you regain your balance and feel good again.

Mental Health Services for Youth

www.quebec.ca/en/health/advice-and-prevention/mental-health/access-mental-health-services/mental-health-help-support-resources-young-people

A repertoire of the mental-health resources available in Québec.

Regional resources:

Info-Social

Consultation for psychosocial problems.

24/7 service

Dial 811, option 2

Psychosocial support through your local CLSC

Monday to Friday from 8:00 - 4:00 pm

In-person English translation is usually available; don't hesitate to ask!

Centre de prévention du suicide Côte-Nord

When you are worried about yourself or a friend.

24/7 service

1-866-APPELLE (277-3553)

Aire ouverte

Aire ouverte offers different services to support the health and well-being of young people aged between 12 and 25.

Sept-Îles: 418-962-4791 or aire.ouverte.si.09cisss@sss.gouv.qc.ca

Baie-Comeau: 418 589-3155 or aire.ouverte.bc.09cisss@ssss.gouv.qc.ca

North Shore Community Association

We can help you find services and information in English.

Sept-Îles office

598 boulevard Laure, Suite 108

418-968-3148

&

Baie-Comeau office

337 boulevard Lasalle, Suite 202

418-296-1545

your family doctor

More regional services

Sept-Rivières:

www.cisss-cotenord.gouv.qc.ca/en/care-and-services/community-organizations/sept-rivieres

Manicouagan:

www.cisss-cotenord.gouv.qc.ca/en/care-and-services/community-organizations/manicouagan

Centre d'intervention le Rond-Point

The CIRP welcomes and supports people with needs related to substance use, living environment, homelessness, and sexual health.

101 rue Tortellier, Sept-Îles QC G4R 3Z7

418-962-7333

Eki-Lib Santé Côte-Nord

www.eki-lib.com

Services for individuals with eating disorders or body image troubles and for their loved ones.

652 avenue DeQuen

418-968-3960

La pointe du jour - CALACS Sept-Îles

www.lapointedujour.org

Services for victims of sexual violence.

418-968-2116

Northern Lights - CALACS Baie-Comeau

www.lumiereboreale.qc.ca

Services for victims of sexual violence.

418-589-1714

Quebec Family Doctor Finder (GAMF)

To register on the waiting list for a family doctor.

1-844-962-4263

Primary Care Access Point (GAP)

If you don't have a family doctor, but you are registered on the Quebec Family Doctor Finder waiting list and would like to consult a physician.

811, option 3 or <https://gap.soinsvirtuels.gouv.qc.ca/en>



Acknowledgements

Cynthia Shuglo, human relations agent

Positive mental health prevention and promotion, Public Health Department, Centre intégré de santé et de services sociaux de la Côte-Nord.

Ashley Leblanc, social worker

Queen Elizabeth High School, Northern Lights Adult Education and Vocational Centre, Flemming Elementary, Riverview School, Eastern Shores School Board.

Erin Ross, secondary school teacher

Queen Elizabeth High School, Eastern Shores School Board.

The  **NSCA** High School Tool is funded by the Secrétariat à la jeunesse, with the support of CHSSN and the Lucie and André Chagnon Foundation's COVID-19 Emergency Funds.

**Secrétariat
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Québec 

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**Fondation Lucie
et André Chagnon**

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