

MENTAL HEALTH *matters*



RESOURCES

Kids Help Phone

24/7 Helpline: 1-800-668-6868

Text: CONNECT to 686868

LiveChat: <https://kidshelpphone.ca/>

Crisis Services Canada

24/7 Line: 1-833-456-4566

Text: 45645

<https://www.crisisservicescanada.ca/en/>

COAST

24/7 Line: 905-972-8383

<https://coasthamilton.ca/>

SACHA

24/7 Support: 905-525-4162

<http://sacha.ca/>

SAVIS

24/7 Support: 905-875-1555

<https://www.savisofhalton.org/>

Interval House of Hamilton

24/7 Crisis Line: 905-387-8881

<https://intervalhousehamilton.org/>

YMCA Employment Services

905-690-9927

<https://www.ymcahbb.ca/YtoWork>

Teen Challenge

18+

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

WHAT IS MENTAL HEALTH?

Mental health is a range of **thoughts, feelings and experiences** that make up your overall mental, emotional and spiritual well-being.

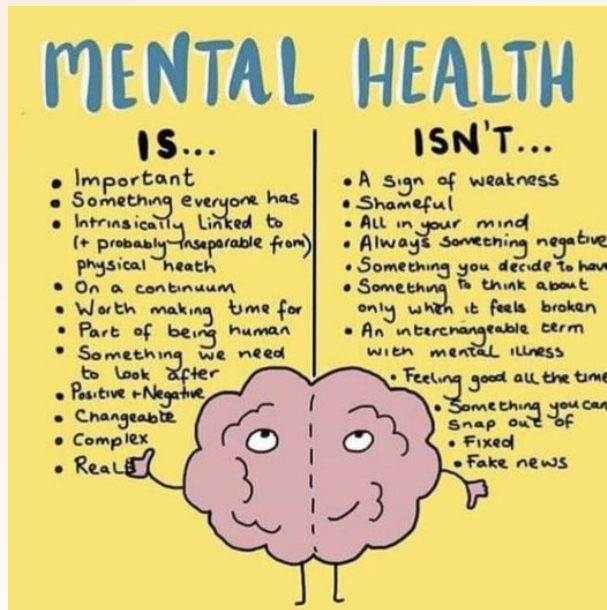
Your mental health **can be impacted by a number of different things** that are unique to you, so no one person's experience is the same!

WHAT ARE MENTAL HEALTH CHALLENGES?

When one thing changes, it can affect other areas of your life and as a result, impact your mental health.

For example, if you're not feeling well and can't visit your friends or participate in activities you enjoy, you may feel sad, lonely, stressed, worried, etc.

No matter how you're feeling, your experience is valid and you can connect for support when you need it.



KEY FACTS

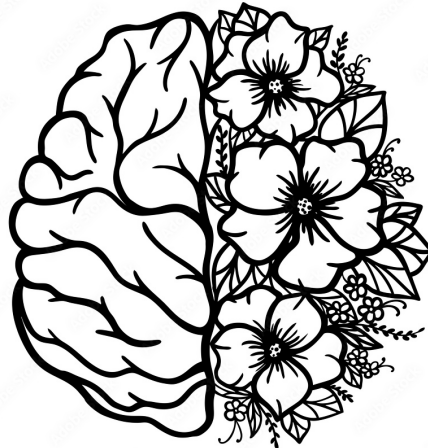
- 1 in every 8 people in the world live with a mental disorder.
- Mental disorders involve significant disturbances in thinking, emotional regulation, or behaviour.
- There are many different types of mental disorders
- effective prevention and treatment options exist.
- most people do not have access to effective care.



HOW COMMON ARE MENTAL ILLNESSES?

In 2019, 1 in every 8 people, or 970 million people around the world were living with a mental disorder, with anxiety and depressive disorders the most common.

In 2020, the number of people living with anxiety and depressive disorders rose significantly because of the COVID-19 pandemic



WHAT CAUSES MENTAL ILLNESS?

- Mental illnesses are caused by a complex interplay of genetic, biological, personality and environmental factors.
- Life events such as violence and trauma during childhood or adulthood can give rise to mental health and substance use problems if supports for recovery are not available or sought.
- Environmental factors play an important role in our mental health: access to safe and affordable housing, meaningful education and employment, leisure activities, the support of a community, access to land and nature, freedom from violence, and good access to health care and mental health services all support good mental health.
- Stigma and discrimination attached to mental illnesses and substance use problems present a serious barrier not only to diagnosis and treatment but also to access to employment, housing, and other basic necessities. Stigma both creates and deepens social marginalization.
- The symptoms of mental illnesses can be treated and very often managed effectively; with the right supports, people with mental illnesses can thrive.