

# YMHC YOUTH MENTAL HEALTH CANADA

## October Volume: An Overview

This volume includes information on YMHC events and activities, an October self-care calendar, a new recipe, a workout of the month, mental health resources + and more!

## Mental Health Awareness Month

Tuesday, October 10, marks World Mental Health Day. The theme this year is “mental health is a universal human right.”

What do “Mental Health Rights” mean to you? What changes do we need to make to ensure that people with mental health challenges and disabilities have equitable access to societal systems and services?

**MENTAL HEALTH SUPPORT IS A HUMAN RIGHT**  
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## Health Promotion Days

- Breast Cancer Awareness Month - Canadian Cancer Society
- World PANS/PANDAS Awareness Day - October 9
- World Mental Health Day - October 10\*
- Pregnancy and Infant Loss Remembrance Day - October 15\*
- Invisible Disabilities Week - October 15 to 21
- Sudden Unexpected Death in Epilepsy (SUDEP) Action Day - October 18
- Purple Thursday - October 19\*
- International Stuttering Awareness Day - October 22\*
- Canadian Intensive Care Week - October 22 to 28
- Brain Cancer Awareness Day - October 24\*

## Self-Care Tip

**Keep Stress-Busting Foods on Hand**  
Certain foods can actually have a stress lowering effect. Warm foods like soup or tea are soothing, and the omega-3s in fatty fish may improve mood. Avocados are packed with vitamins C and B6, which are known to help reduce stress. Dark chocolate is antioxidant-rich, which is great for thwarting stress (savour in moderation, however, as it's a calorie-dense food). Other foods that can help include whole-grain carbohydrates, bananas, oranges, water, & leafy greens.

The YMHC newsletter was produced by Chelsea, Sheryl, and Jim.

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme ‘Mental health is a universal human right’ to improve knowledge, raise awareness and take actions that promote and protect everyone’s mental health as a universal human right.

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community.

Good mental health is vital to our overall health and well-being. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods. Mental health conditions are also affecting an increasing number of adolescents and young people. – World Health Organization



is waiting  
for the  
support they  
need

has lost a  
loved one  
to suicide

THIS WORLD  
MENTAL  
Day... HEALTH

cares for  
others  
that are  
struggling

is trying to  
find the  
courage to  
ask for help

We're THINKING OF  
anyone WHO...

is  
fighting to  
improve  
mental health  
services

has  
thought  
about taking  
their own  
life

## How To Recognize World Mental Health Day

- Attend an event in support of World Mental Health Day.
- Get educated: take a YMHC workshop or training course.
- Volunteer or donate to our Make Hope Happen campaign: [www.ymhc.ngo/mhh](http://www.ymhc.ngo/mhh)
- Contact your government officials to urge them to prioritize mental health: make mental health and suicide prevention a voting issue.
- Listen to mental health podcasts.
- Use free mental health support apps like notOK and Talking Stick
- Read books or articles about mental health.
- Create strong self-care practices
- Celebrate good news.
- Use social media for good: follow YMHC on 5 platforms
- Share mental health resources
- Support employee mental health with proactive and comprehensive action
- Support LGBTQ+ youth.
- Support the YMHC campaign for Every Child Matters: all proceeds go to Indigenous communities
- Purchase YMHC mental wellness workbooks for your local school.
- Register for YMHC's School and Community Peer Support Program and get free downloads of 24 compassionate greeting cards.
- Register for a Daily Message of Support at <https://ymhc.ngo/dms>



**EVERY  
CHILD  
MATTERS**



Artwork by: Kyle Joedicke @kylejoedickeart

**YMHC**  
Youth Mental Health Canada  
ymhc.ngo

[www.ymhc.ngo/ecm](http://www.ymhc.ngo/ecm)

This year, Youth Mental Health Canada (YMHC) is proud to collaborate with artist Kyle Joedicke to introduce the Indigenous Make Hope Happen campaign. Through a collection of Every Child Matters products, we aim to honor the strength and resilience of Indigenous youth while supporting their journey towards mental well-being.

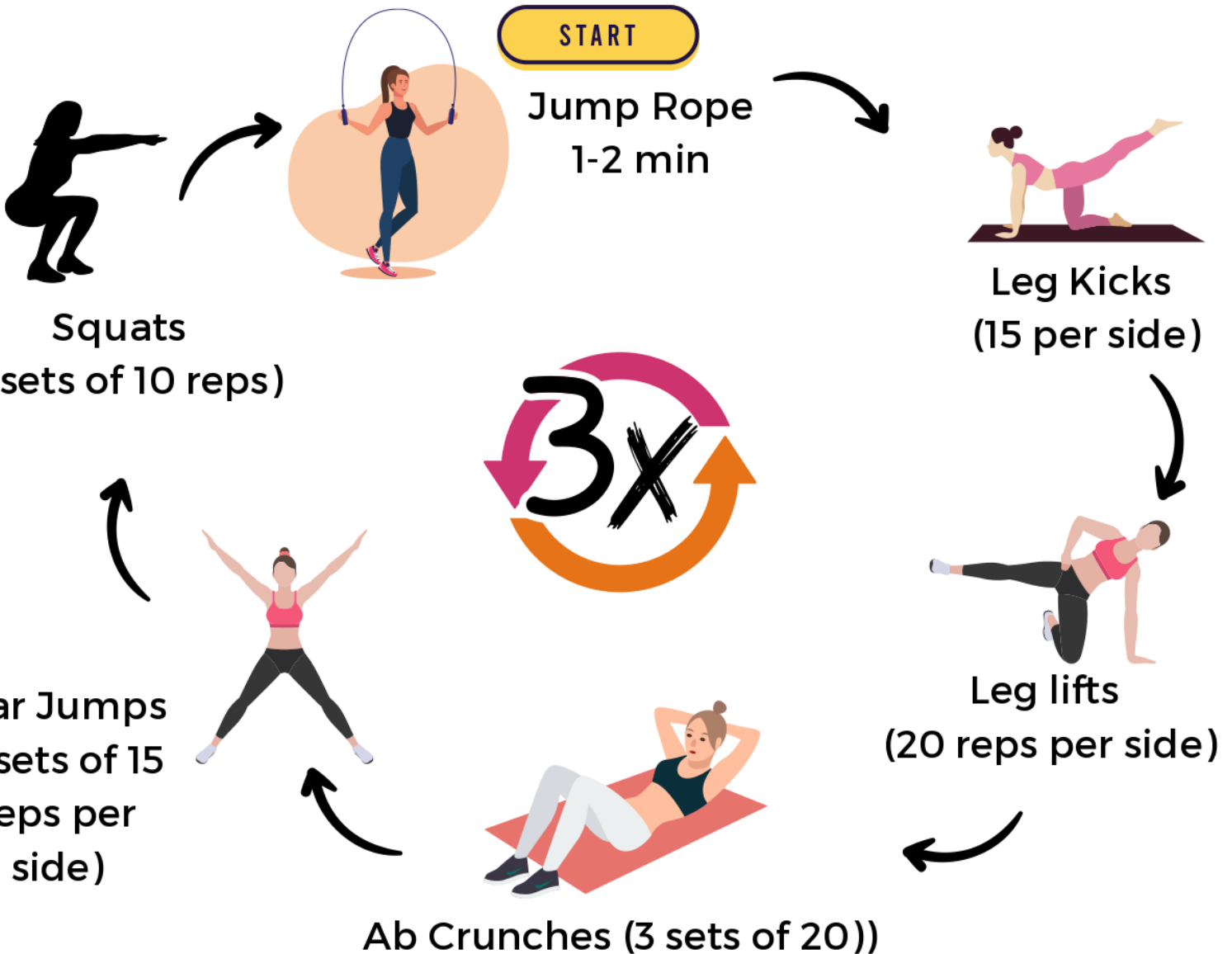
**ALL PROCEEDS DONATED TO INDIGENOUS COMMUNITIES!**  
Artwork by Local Canadian Indigenous artist: Kyle Joedicke



## WORKOUT OF THE MONTH



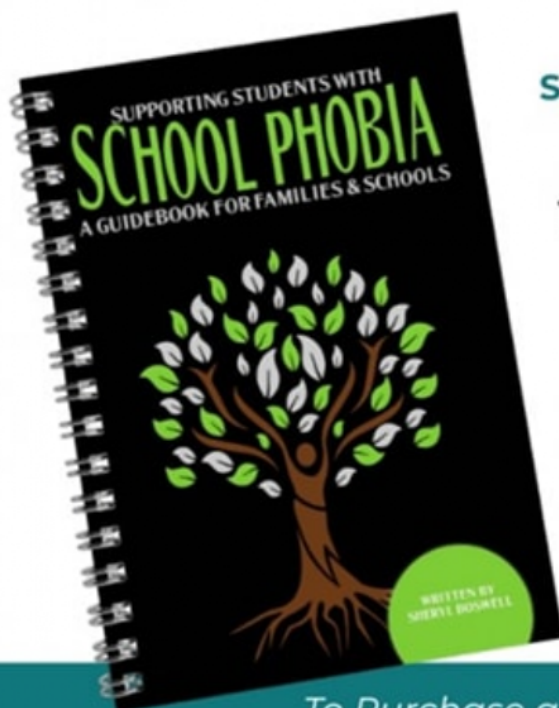
***a no weight workout to try! All you need is about 20m of space.  
Do 3 rounds of this cycle with 1 min rest between cycles.***



## Supporting Students with School Phobia

School phobia is a complex mental health disability. There are many challenges for the student, family and school. The more time a student is away from school, the more difficult it is for them to resume normal school life.

YMHC has developed resources and tools to support students, families, schools, and mental health professionals. Our 20 years of experience working on school-induced mental health challenges and disabilities provides the much-needed authenticity, expertise, and leadership to the field of child and youth mental health and suicide prevention.



### Make Hope Happen with **Supporting Students with School Phobia: A Guidebook for Families & Schools.**

#### **This amazing tool and resource covers:**

- Understanding School Phobia
- Support Strategies
- A Mental Wellness Action Plan
- Trauma-Informed Approaches
- A Whole School Approach
- Possible Educational Accommodations

Available for Purchase in English or French,  
Printed, Digital Fillable & Photocopiable

*To Purchase a Copy, Book a Workshop or  
Training Course or to Learn More, Visit :*

<https://schoolphobia.ymhc.ngo>

## APPLE PIE OATMEAL COOKIE CUPS

Think of an apple pie, but with an oatmeal cookie crust + a wonderful apple filling.



### Ingredients

1 cup butter, softened  
1/2 cup white sugar  
1/2 cup brown sugar (or 1/3 cup light brown sugar + 2 tbsp molasses)  
2 large eggs  
1 3/4 cups all purpose flour  
2 tsp cinnamon  
3/4 tsp baking powder  
2 cup rolled oats

4-5 large apples peeled & chopped into thin bite-sized pieces  
1/4 cup white sugar  
1/4 cup brown sugar  
1 tbsp cinnamon  
1 tsp nutmeg  
1/2 tsp allspice (optional)  
1 tbsp cornstarch  
2 tbsp butter or margarine  
1/2 cup water

**Did you make this recipe? Post it on social media and tag us!**



  @freshandflavourful

### Directions

1. Preheat the oven to 325F. Grease 2 muffin trays with non-stick cookie spray, or if you have silicone baking cups line 2 muffin trays with these (no spray required).
2. In a large bowl beat the butter and sugars together until fluffy (about 2 min).
3. Beat in the eggs.
4. With the mixer on low, beat in the flour, cinnamon, baking powder and salt. Mix in the oats.
5. Spoon about 3 tbsp of batter into the bottom of each muffin cavity. You will push it down after it comes out of the oven. If the dough is too sticky to work with, place it in the fridge for 15-20 min.
6. Bake for 15-18 min or until they're just starting to get golden around the edges.
7. Meanwhile, make the filling. In a large bowl toss the chopped apples with the sugars, cinnamon, nutmeg and cornstarch.
8. Melt the butter in large saucepan or skillet over medium heat.
9. Add in the apple mixture and gently stir. As the apples begin to bake, pour in the water. Cook for 5-10 minutes or until the apples are starting to soften and the mixture caramelizes.
10. Remove the pan from the oven. Lightly grease the bottom of a shot glass or similar (should be slightly smaller diameter than the muffin tin). Press it down into the middle of each cookie cup to form a little bowl shape.
11. Cool the cookie cups for about 20 min, then remove from tins.
12. Spoon the apple pie filling into each cookie cup. Serve warm or at room temperature. Cookie cups can be warmed up in the microwave for about 20 sec.

Makes 20-24

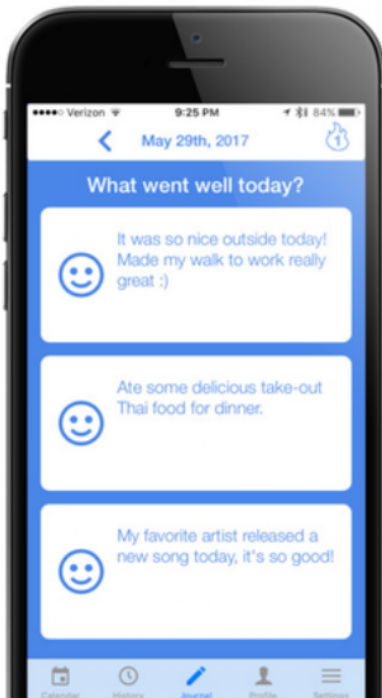


YMHC is thankful for the support of many people across Canada and internationally!



The benefits of practicing gratitude are many. Some of them include:

- Increased happiness and positive mood
- More satisfaction with life
- Less materialistic
- Less likely to experience burnout
- Better physical health.
- Better sleep
- Less fatigue.
- Lower levels of cellular inflammation
- Greater resiliency
- Encourages the development of patience, humility, and wisdom



## Three Good Things App

Free gratitude based daily mental health journal designed to cultivate a simple habit of wellness journaling. This daily gratitude journal will elevate your overall well-being through consistent self-reflection and guided self-care. Engage with a gratitude journal that prioritizes your mental and emotional wellness with a free journaling app for you glow up the positive aspects of your life, helping you feel grateful and thankful.



Youth Mental Health Canada recognizes that our work takes place in the traditional territories of the Haudenosaunee, Anishinaabe, Huron-Wendat, and the Metis, on the Treaty lands of the Mississaugas of the Credit First Nation, and within the lands protected by the Dish With One Spoon Wampum Belt agreement.

As an organization, we commit to playing our role in building truth and reconciliation with the Indigenous peoples who have shared their land with us.

## Indigenous School Absence Workshops November & December

Workshops are subsidized by YMHC for Indigenous professionals who work with Indigenous young people. (each workshop is valued at \$100)

You can register for the workshops you are interested in attending.

If you attend all six workshops, you will receive a certificate and photocopyable guidebook on supporting students with school phobia and absence. (a value of \$750)

All workshop participants are expected to complete an assignment package that will inform the work we are doing to create Indigenous workshops and workbooks.

### Workshop Schedule:

- Education Matters, November 1
- Understanding School Absence Issues, November 8
- Emotional Regulation, November 15
- Building Wellness Protective Factors: Sources of Support, November 22
- Building Sources of Strength and Resilience, November 29
- School-Wide Strategies to Support Students, December 6

**Register: <https://ymhc.ngo/isat>**

# OCTOBER 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Call a loved one/friend



2

Try out a new yoga routine



3

Unwind with a good book



4

Prioritize time to rest

5

Listen or create a fall playlist



6

Create a list of self-affirmations

7

Try something new: puppetry

8

Donate/volunteer around your community



9

Use the Three Good Things app: think about 3 good things in your life

10

Declutter



11

Do some Halloween decorating



12

Grab a coffee.



13

Learn more about practicing mindfulness

14

Write down anything positive that happened today



15

Write a poem about your current feelings

16

Put on a comfortable outfit



17

Drink more water

18

Check out some of YMHC's resources!



19

Leave notes of appreciation for your loved ones/co-workers

20

Try cooking/baking a fall inspired treat



21

Spend some time with friends/family

22

Art challenge: Paint something fall inspired



23

Fix yourself a healthy meal

24

Sleep in/Schedule more sleep into your daily routine



25

Post encouraging notes around the house

26

DIY: make a homemade bird-feeder



27

Take a trip to your favourite park

28

Light a fall scented candle



29

Drink some hot chocolate



30

Collect some leaves/try nature photography



31

Go for a walk to see Halloween decorations



# YMHC

Youth Mental Health Canada

## Supporting Youth Mental Health Change in Canada

YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family, and community engagement for mental health education, support, advocacy, hope, and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health support, services and educational accommodations for students and direct funding to families to support young people with chronic mental health disabilities.



Scan or visit [ymhc.ngo/links](http://ymhc.ngo/links) to follow us on social media, donate, and subscribe to newsletters!

-  [www.ymhc.ngo](http://www.ymhc.ngo)
-  [edu.ymhc.ngo](http://edu.ymhc.ngo)
-  [schoolphobia.ymhc.ngo](http://schoolphobia.ymhc.ngo)
-  [www.ymhc.ngo/contact](http://www.ymhc.ngo/contact)
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-  @ymhchope2013
-  @youth\_mental\_health
-  [facebook.com/YMHCCanada](https://facebook.com/YMHCCanada)
-  647.952.9642  
YMHC

**Make Hope Happen!**  
**Donate at [www.ymhc.ngo/donate](http://www.ymhc.ngo/donate)**