

YMHC YOUTH MENTAL HEALTH CANADA

September Volume: An Overview

September is Suicide Prevention Awareness Month and on Sept. 10, we observe World Suicide Prevention Day. It is a time to talk about issues relating to suicide prevention, promote resources and awareness, and encourage the development of community mental wellness protective factors that support good mental health.

Suicide is a problem that touches the lives of many Canadians. Many of us may know someone, such as a friend, family member, or coworker who has attempted or died by suicide.

Canadian youth suicide statistics are a shocking reminder that we must do more! Please consider donating to YMHC's Make Hope Happen campaign to send our mental wellness workbooks to young people who are struggling at <https://ymhc.ngo/mhr>



YMHC Resource

Order your digital French copy of Sources of Strength now!
<https://edu.ymhc.ngo/resources-and-tools/>



Suicide Stats in Canada

- Approx. 11 people die by suicide each day
- Approx. 4,000 deaths by suicide per year
- Suicide is the second leading cause of death among youth and young adults (15-34 years)
- Suicide rates are approx. 3x higher among males compared to females
- Canada has the third highest youth suicide rate in the industrialized world
- Approximately 446 young people die by suicide in Canada every year - More than 5,800 Canadian children and youth have died by suicide in 13 years prior to 2018 across Canada – some as young as 8 years old, according to data compiled by a Toronto Star/Ryerson School of Journalism investigation from coroners' offices in all provinces and territories except Nunavut, 2018

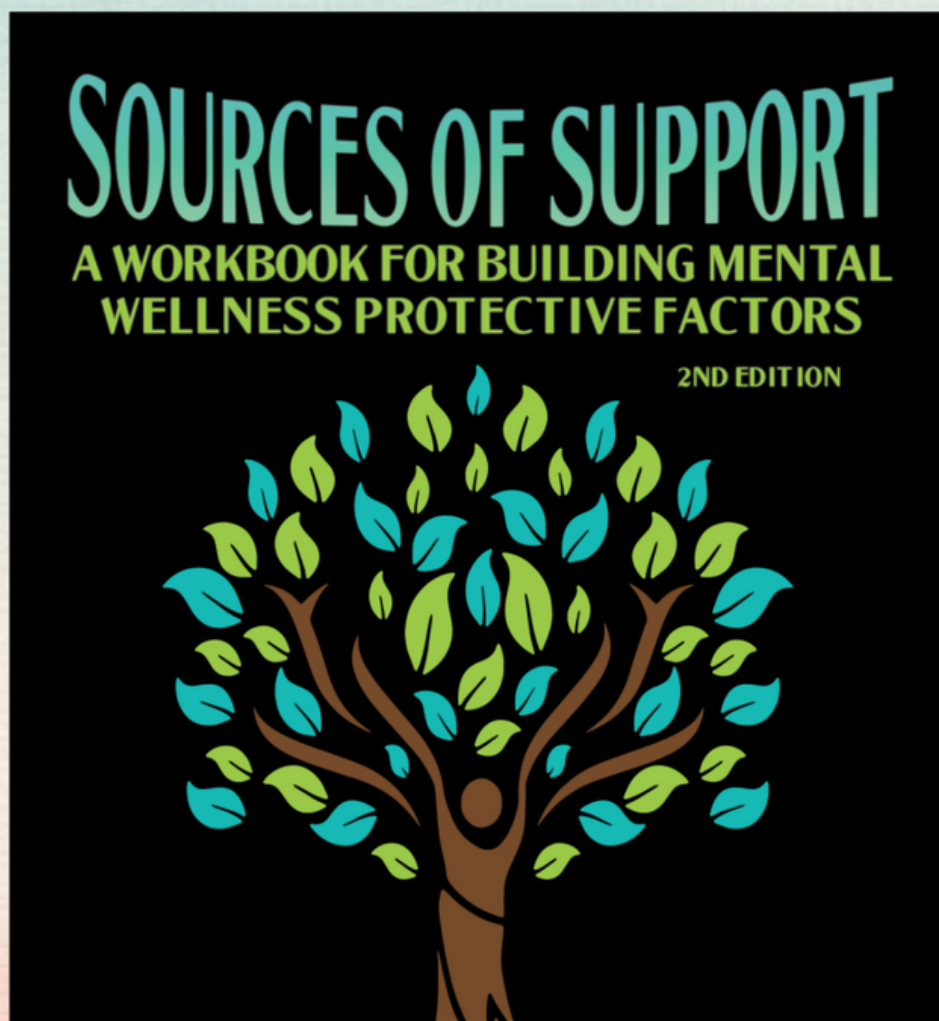
Self-Care Tip

Try Chilling Out With Music: Turn off the TV with the talking head in favour of some mood-boosting tunes. Music therapy employs music to help people cope with physical or emotional needs



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

Sources of Support, second edition, is now available in digital form for pre-order!
The French translation will be provided soon



Order Online: edu.ymhc.ngo/resources-and-tools

YMHC Workshops



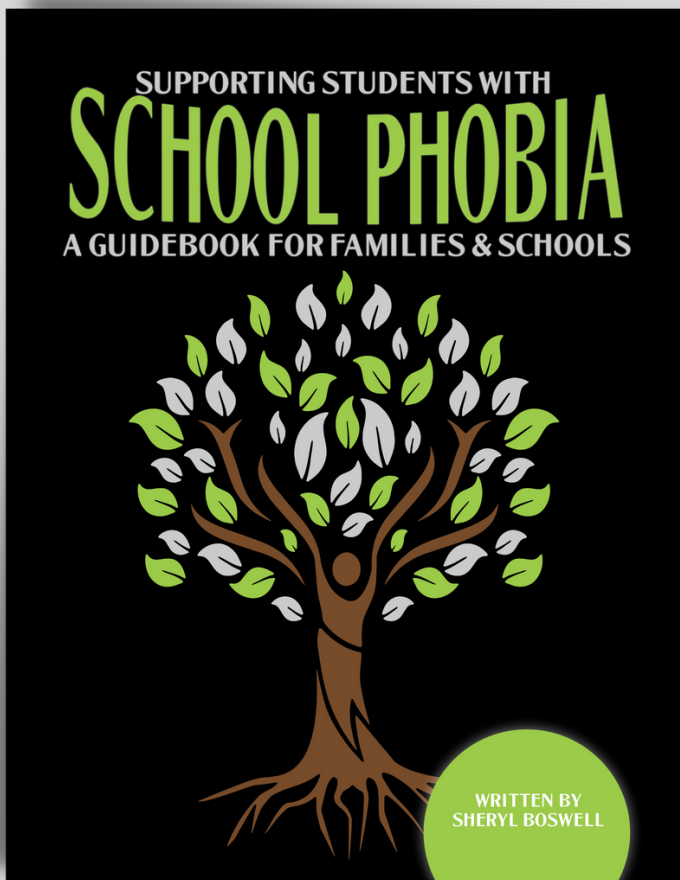
YMHC provides workshops to students, school staff, parents and caregivers, community workers, newcomers to Canada, and professionals on a wide range of mental health and wellness topics.

Workshops can be tailor designed to meet your needs. Length of most workshops is from 1 to 3 hours. The platform used is Zoom.

For more information, check out the information on our website and contact us at

<https://edu.ymhc.ngo/workshop-registration-form/>

Guidebook for Supporting Students with School Phobia



Didaskaleinophobia (Fear of Going to School), more commonly known as School Phobia, is a mental health disability that is school-induced. Students with school phobia experience extreme anxiety, phobia, and panic attacks on school nights and days, in sleeping, waking up, leaving the house, entering the school building, and staying at school.

YMHC School Phobia Resources

- School Phobia website with parent and school resources: <https://schoolphobia.ymhc.ngo>
- Our School Phobia survey findings from 519 families
- A practical Guidebook for Supporting Students with School Phobia
- Stories from over 400 families
- School Phobia Workshops & Presentations



Youth Mental Health Canada



@youth_mental_health



@ymhchope2013



@YMHCCanada

WE'RE HIRING



OPEN POSITION

- **Grant Writer**
- **Bookkeeper & Accounting Clerk**
- **Operations Manager**

ONLINE APPLICATION

www.ymhc.ngo/2022-openings

CONTACT US

www.ymhc.ngo/contact

DIY Stress Ball

What you'll need:

Tools

- Funnel
- Scissors
- Marker (optional)

Materials

- Small balloon
- 1 cup of Cornstarch



Instructions:

- 01** Blow up the balloon until it is approximately 4-5 inches in diameter, pinch it to have it remain inflated as best you can
- 02** While still pinching the balloon closed, insert the funnel inside the opening of the balloon. Fill the balloon by pouring 1 cup of Cornstarch into the funnel in small amounts.
- 03** Slowly release pinched fingers and fill the balloon until a depth of about 3 inches.
- 04** Squeeze out any excess air and tie the balloon closed. Cut the excess balloon beyond your knot.
- 05** Decorate your stress ball! (optional)




PRETTY PALMIERS

Despite their impressive nature, these cookies are super easy to make. I just love the crunch of the sugar with the crunch of the pastry, and the way the flaky, buttery layers practically melt on the tongue. It feels so fancy to put them on a cookie tray for a spot of afternoon tea.

Ingredients

1 package puff pastry (397g)
~1/4 cup flour, for dusting your working surface
6 tbsp sugar (brown sugar, maple sugar, and/or white sugar, preferably coarse grained sugar)



 @freshandflavourful

Directions

1. Preheat oven to 425F, line two baking pans with parchment paper.
2. On a lightly floured surface, roll half of Puff Pastry Dough into a 12-inch square. Sprinkle with 3 tablespoons sugar of choice. Using a rolling pin, gently roll over sugar to press sugar into dough. Carefully turn dough over so sugar side faces down.
3. Tightly roll up dough from two opposite sides, jelly roll style, meeting in center. Place log on its side on a baking sheet (coiled portions stacked to look similar to a capital "B"). Freeze until firm enough to slice, 15 to 30 minutes.
4. Repeat procedure with remaining dough, remaining sugar.
5. On a cutting board, place dough logs on their side. Using a serrated knife, cut dough into 1/2-inch-thick slices. Place slices, cut side up, 2 inches apart on prepared pans.
6. Bake until bottoms are golden brown, 15 minutes. Let cool on pans for 5 minutes. Remove from pans, and let cool completely on wire racks. Store in an airtight container for up to 2 days.

Makes 32 mini cookies



Self Care Calendar

SEPTEMBER 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

28

YMHC
Youth Mental Health Canada

29

30

31

1

Put on a comfortable outfit you love



2

Try out a new exercise routine

3

Talk to a friend/loved one



4

Create a list of things you are grateful for throughout the week

5

Learn a new skill: Solve a Rubix's cube



6

Sit outside and read

7

Go on a nature trail/hike



8

Take healthy breaks from social media

9

Watch the sunset or sunrise



10

Try some mindfulness colouring books

11

Light a candle/Try aromatherapy



12

Try some morning meditation

13

Check out some of YMHC's resources!



14

Be creative: create a quick DIY arts/crafts project

15

Dance to your favourite songs



16

Find and explore waterfalls near you

17

Organize a movie night



18

Make a list of 10 things you like about yourself

19

Schedule more sleep into your daily routine



20

Learn more about practicing mindfulness

21

Spend some time journaling/writing



22

Try stargazing

23

Listen to an inspirational podcast or audiobook



24

Create or listen to a fall playlist

25

Try nature photography



26

Try to incorporate healthy food choices in your meals

27

Read aloud some self affirmations



28

Write down your daily stressors and cross them off one by one

29

Try cooking/baking a fall inspired treat



30

Make a list of personal goals for next month

1

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 and change.

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



*A bird doesn't sing because
it has an answer;
it sings because it has a
song. -- Maya Angelou*



www.ymhc.ngo



edu.ymhc.ngo



www.ymhc.ngo/contact



51 Stuart St. Hamilton, Ontario



@YMHCCanada



@ymhchope2013



@youth_mental_health

@ymhc_salud_mental

@ymhc_sante_mentale

@ymhc_international



@YMHECanada

Make Hope Happen!

Donate at www.ymhc.ngo/donate