

# YMHC YOUTH MENTAL HEALTH CANADA

## August Volume: An Overview

This volume includes a mental health self-care activity, calendar, a healthy recipe, and mental health resources and tips.

Special days in August include:

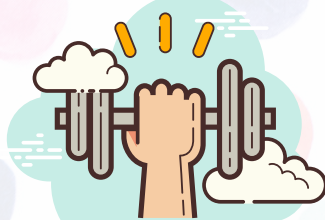
- August 1: Heritage Day/Civic Day, which aims to promote multiculturalism and recognize the diversity of Canada's people.
- August 15: National Relaxation Day, which seeks to promote stress relief by practicing relaxation.

In 1926 August was proclaimed International Peace Month at the International Democratic Peace Conference. It is all about taking some time to reflect on the First World War.

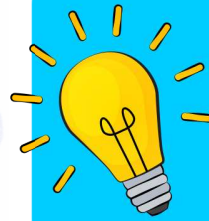


## YMHC French Resource

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



## Make Hope Happen!



## DID YOU KNOW?

- YMHC is not funded by the government or by grants
- We have a dedicated donation campaign: Make Hope Happen. All funds raised go to providing our mental wellness workbooks to students who are struggling. Donate at [www.ymhc.ngo/mhr](http://www.ymhc.ngo/mhr)
- YMHC has only one full-time staff member.
- YMHC has been in operation for almost 10 years & incorporated since 2018
- In 2021, we donated \$35,000 worth of mental wellness workbooks

## Self-Care Tip

Add More Fruits and Veggies to Your Daily Diet: This is a long-term strategy that supports your mental health. A produce-packed diet supplies antioxidants that guard against oxidative stress and prevent our gut bacteria from becoming unhealthy, both of which have been linked to conditions like depression.

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


## SWEET & SALTY BLONDIES

These have that signature butterscotch flavour, and with these additions, they make an ooey-goey sweet and salty treat!

### Ingredients

- 1 cup butter, melted
- 2 cups packed light brown sugar
- 2 eggs, lightly beaten
- 2 tsp vanilla extract
- 2 cups all-purpose flour
- 1/2 tsp baking powder
- 1 cup pretzels, broken into small pieces
- 3/4 cup toffee bits



 @freshandflavourful

### Directions

1. Preheat the oven to 375°F. Line a 9×9” pan with foil or parchment paper.
2. In a large bowl, mix the butter and brown sugar until combined. Add in the eggs and vanilla and stir to mix. Add the flour, baking powder and salt and mix just until combined. Fold in the toffee bits, and pretzels.
3. Spread the dough into the prepared pan. Bake until the center is just set, about 40 minutes. If the top becomes too brown but the centre is undercooked still, cover the top with a piece of foil and keep baking it.
4. Cool completely in the pan, then lift out by the paper and cut into squares.

Makes 16 squares (9X9 inch pan)



# YMHC YOUTH MENTAL HEALTH CANADA



YMHC at  
Festival of Friends,  
Hamilton, ON, July 29-31



 Youth Mental Health Canada

 @youth\_mental\_health

 @ymhchope2013a

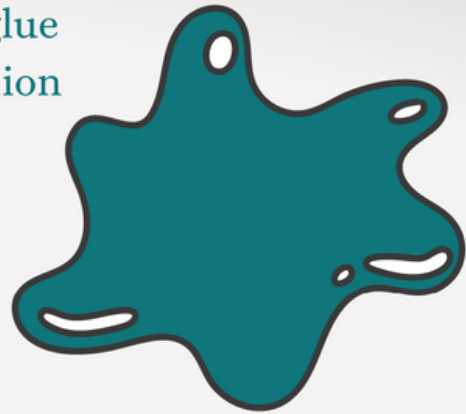
 @YMHCCanada

# DIY Slime Kit

Have you been dreaming of relieving some stress by having some ooey gooey fun? Here is your chance! Make some homemade slime using only 3 ingredients.

## What you'll need:

- 8-ounce bottle of Elmer's white school glue
- 1 1/2 Tablespoons of contact saline solution
- 1 Tablespoon of baking soda
- Food colouring (optional)



## How to make your slime:

- 1) Add glue to a medium sized bowl. Add food colouring if desired. Mix.
- 2) Add 1 Tablespoon of baking soda. Mix.
- 3) Add 1 1/2 Tablespoons of solution. Add more for thicker slime.
- 4) Knead the slime until it sticks together
- 5) HAVE FUN!

## How to store your DIY slime:

When you're finished, store in a container with a lid or a bag with a zip lock to keep it fresh

**YMHC**  
Youth Mental Health Canada

**SPLAT**

## YMHC Workshops

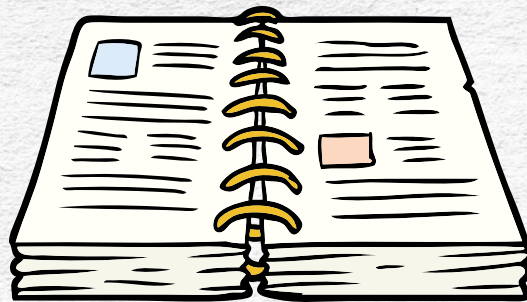


YMHC provides workshops for students, school staff, parents and caregivers, community workers, newcomers to Canada, and professionals on a wide range of mental health and wellness topics.

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



YMHC will be producing a guidebook for families and schools to support students with school phobia. The guidebook contains important strategies to support young people, assessment tools to gather information, and action plans to provide support and assist students to access and manage an education. The complexity of school phobia, the ignorance that prevails, and the lack of comprehensive supports and whole school approaches available necessitates action. We believe this guidebook will be an important tool for the kind of action that is needed.

At the end of August, YMHC will be launching:

- our School Phobia website with parent and school resources
- Our School Phobia survey findings from 519 families
- A practical Guidebook for Supporting Students with School Phobia
- stories from over 400 families



Youth Mental Health Canada



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**YMHC in the News:  
YMHC gave over 15 interviews  
to stations across Canada**

**988**

The new number for the national suicide hotline in the U.S., which launches July 16. It has expanded its focus to help callers experiencing a range of mental health emergencies.

Source: National Suicide Prevention Lifeline | July 12, 2022

Sheryl Boswell, the executive director of Youth Mental Health Canada, said Canada should act fast to establish one.

"We need to adopt best practices from other countries and go beyond that to do much better than what we're doing," she said in a telephone interview on Sunday. "Let's hope it doesn't take years to adopt 988 in Canada."

Statistics Canada reported in 2021 that on average more than 10 Canadians die by suicide every day, and Boswell said it's expected that 446 people aged 10 to 24 will die by suicide each year.

Given the rates of suicide in Canada, Boswell said the country is "never doing enough" in terms of supporting those who struggle with suicidal thoughts.

"And one death by suicide is too many."

One of many benefits of a 988 number, Boswell said, would be eliminating the involvement of police for wellness checks.

"A three-digit number for mental health crisis and support is what we need, not 911 criminalizing mental health. Not police response in uniforms and marked police cars," she said.

"This is a health crisis and we need a compassionate health response."

















*CBC News: Mental health experts say Canada needs a 3-digit suicide crisis hotline*





# AUGUST 2022

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

31	1 Have a mid-year goals check-in 	2 Start a summer themed colouring book	3 Go out for some ice cream 	4 Try out some morning meditation	5 Visit an art gallery 	6 Drink lots of water!
7 Try out a new-to-you recipe/cuisine 	8 Try out a new workout routine	9 Sit outside and read 	10 Take healthy breaks/go to sleep early	11 Listen to an inspirational podcast 	12 Dance to your favourite summer playlist	13 Plan a camping trip or spend more time outside 
14 Plan an outdoor brunch with a friend	15 Explore a new nature trail 	16 Share a funny joke or story	17 Check out some of YMHC's resources! 	18 Fix yourself a healthy meal	19 Try some outdoor photography 	20 Look for more ways to get involved in your community
21 Spend the day at the beach! 	22 Spend the day with family/friends	23 Get creative: start a summer inspired DIY project 	24 Compliment a co-worker	25 Sit outside and enjoy the sunset 	26 Leave yourself encouraging notes around the house	27 Find a drive-in movie near you 
28 Spend some time with your pet(s)	29 Pick some flowers from your garden for a loved one 	30 Start or continue a journal	31 Make a list of personal goals for next month 	1	2	



# 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*



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