

YMHC YOUTH MENTAL HEALTH CANADA

September Volume: An Overview

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

Welcome to the September newsletter!

We are so excited to share our resources to support you during the 2023-2024 school year! Some information in our newsletter:

- Creating a personal mental wellness plan for the return to school
- YMHC school, parent, and community workshops are back! To register, go to edu.ymhc.ngo. We have an exciting range of workshop possibilities to provide support to students, parent councils, and community organizations.
- September 30th: National Day for Truth and Reconciliation/Orange Shirt Day: Every Child Matters
- YMHC Indigenous Make Hope Happen campaign.
- World Suicide Prevention Day, September 10, and Suicide Prevention Month



Suicide Prevention Month

September is Suicide Prevention Month. YMHC will focus a lot of our social media attention on the issues and action that are needed to reduce suicide risk factors in young people and adults.

This year, YMHC has worked on suicide prevention action and education on a local, national, and international level. We organized a local suicide prevention event in March, participated in Canada's national suicide prevention conference in Halifax in May with a workshop on school and community-wide responses to school phobia and absence, and will attend the International Association of Suicide Prevention conference this month in Slovenia.

Self-Care Tip

Skip, Jump, Hop, and Get Silly!
Basically, if it makes you feel like a kid and a little silly, it can be a mood booster. Play in any form can cause a cascade of positive neurochemicals, such as serotonin, oxytocin, and dopamine,



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

National Day for Truth and Reconciliation Orange Shirt Day September 30



Orange Shirt Day is a day when we honor the Indigenous children who were sent away to residential schools in Canada and forced to assimilate into the dominant Canadian culture. It is also a day to learn more about the history and legacy of those schools and to promote the concept of "Every Child Matters"

Support YMHC Indigenous Make Hope Happen campaign when purchasing your t-shirts, lawn signs, posters, and bags here:

100% of proceeds from our Every Child Matters shirts and signs goes to our Indigenous Make Hope Happen campaign to support Indigenous young people.

Learn More here:

Orangeshirtday.org - Orange Shirt Society

[The National Centre for Truth and Reconciliation \(NCTR\)](#)

[Indigenous Canada Course](#) - offered by the University of Alberta

[National Day for Truth and Reconciliation](#) - Government of Canada Resource

YMHC's Back-to-School Message



We hope that you've had the chance to take a break and enjoy this summer. School represents so much: challenges, opportunities, growth, new beginnings, routine, and much more. YMHC is here to help students, families, and educators create school communities that support good mental health and wellness. This issue of our newsletter will focus on the resources we have available for you and our suggestions for making mental health and wellness a priority.

Create a Personal Mental Wellness Action Plan for School:



1. Create Positive Routines:

A good Sunday night routine will help support a good Monday morning routine which will help set the tone for the day and week.

2. Build an Education Support Team:

Educators and school staff are there to support you and your child.

Find out the names of the school support professionals (psychologist, social worker, etc.) in your elementary or secondary school. If you are a postsecondary student with documentation on your special educational needs, register with your school's Access Center. Find out the times when school support people are available.

If you are a parent or caregiver of a child with an Individual Education Plan, provide your child's teacher with a one-page information sheet of your contact information, your child's diagnosis, medication, and learning needs and strengths. Attend the Parent Information Night. Get a tour of the school building and facilities. Attend Parent Council meetings.

Talk to the school administration: get to know the office secretary, principal, and vice-principal.

3. Have Regular Mental Health Check-ins

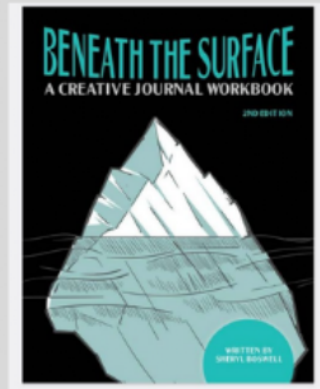
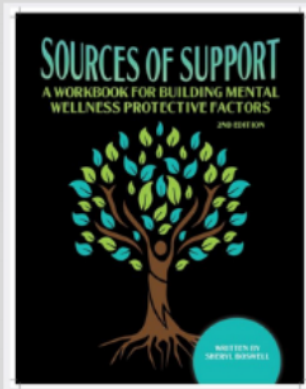
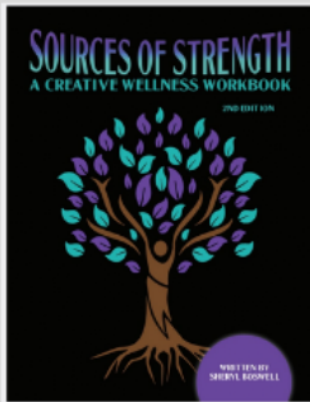
Normalize talking about feelings with regular mental health check-ins. Encourage your child to share how they feel by building their self and emotional awareness and ability to understand and express how they feel.

4. Recognize the importance of self-care and healthy habits

Create a self-care tool kit of mental wellness workbooks, self-care aids, and other tools for wellness.



School Workshop Possibilities



Examples of Possible YMHC Workshops include:

- Creating a Personal Mental Wellness Action Plan
- Building Mental Wellness Coping Skills & Resilience
- Understanding Mental Health and Wellness
- Building Mental Wellness Protective Factors

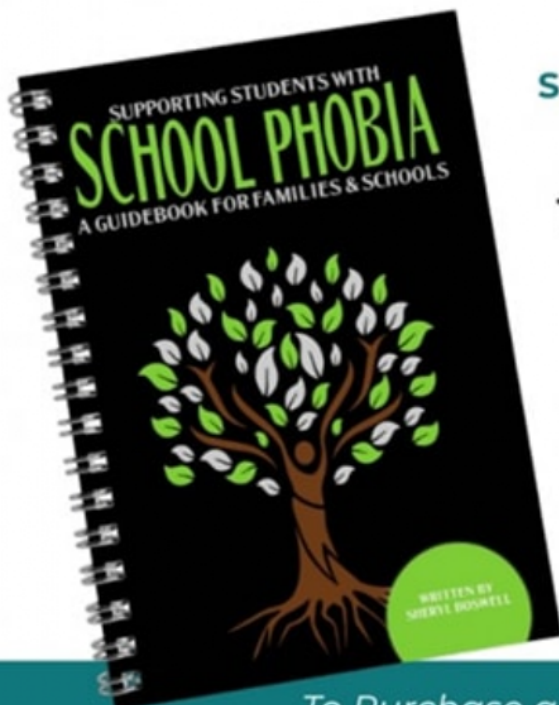
In-person workshop extras: all students will have the opportunity to create their own personal self-care toolkit with supplies provided by YMHC.



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

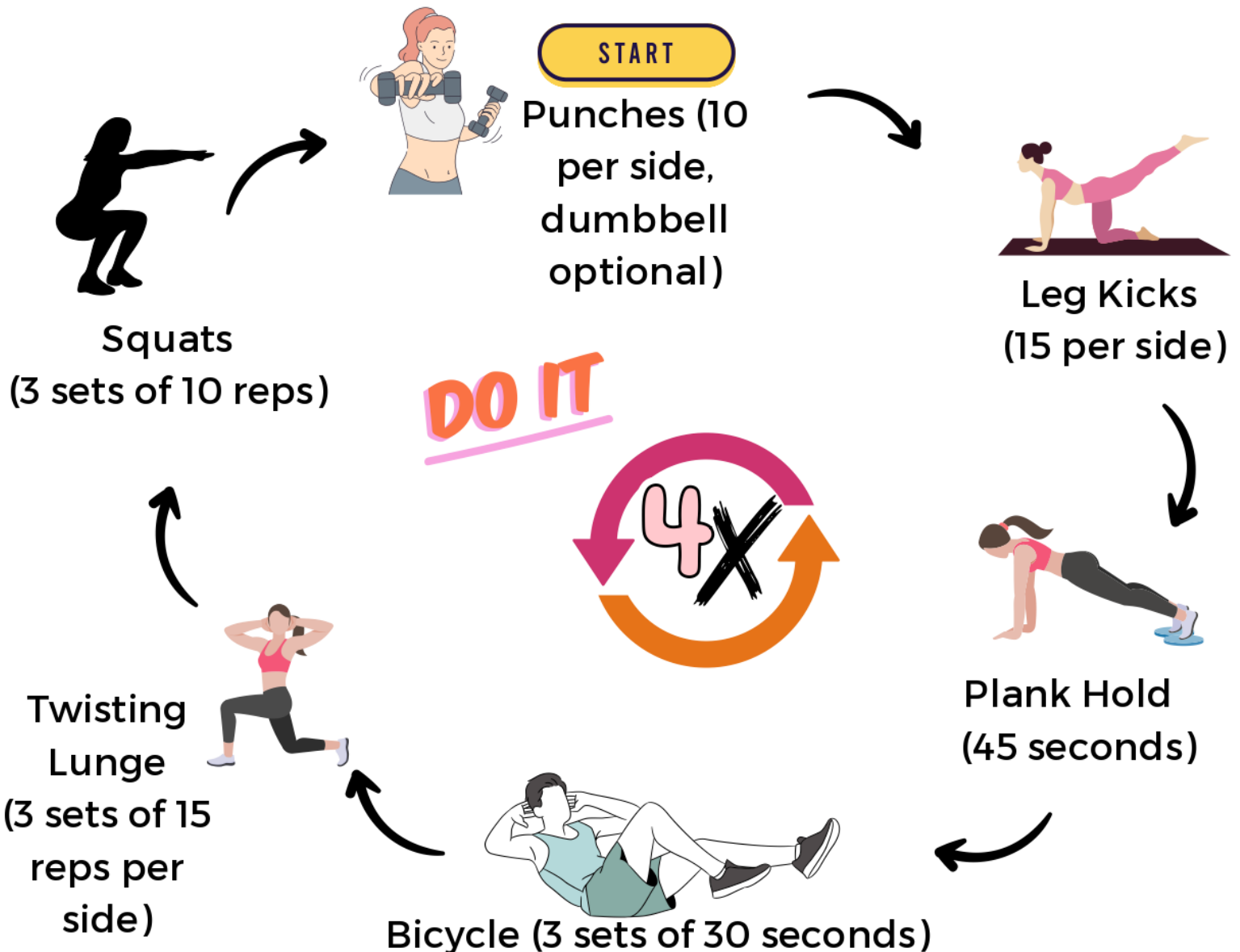
*To Purchase a Copy, Book a Workshop or
Training Course or to Learn More, Visit :*

<https://schoolphobia.ymhc.ngo>

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.***



DOUBLE CHOCOLATE ZUCHINNI MUFFINS

Moist, chocolatey, fluffy muffins that everyone will LOVE. Bonus – they are full of zucchini and you cannot even tell!

Ingredients

- 1 1/2 cups all purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup canola oil
- 1/2 cup milk
- 2 large eggs
- 1/4 cup granulated sugar
- 1/4 cup light brown sugar, lightly packed
- 1 1/2 cups grated zucchini, drained (shortcut: put chopped zucchini into a food processor and pulse until it becomes finely shredded, similar to the texture it would be after grating. Remove + drain in a sieve or squeeze out extra moisture in a mesh cloth or paper towel.)
- 1/2 cup semi-sweet chocolate chips



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

Directions

1. Preheat the oven to 350F.
2. Line 16 muffin tins with paper liners and set aside.
3. In a large bowl, whisk together the oil, milk, eggs, vanilla, sugar, and brown sugar until smooth and well combined.
4. Add the flour, cocoa powder, baking powder, baking soda and salt and whisk until well combined.
5. Stir in the grated zucchini.
6. Add this mixture to the dry ingredients and stir until just combined.
7. Fold in the chocolate chips.
8. Fill the prepared muffin tin until the cups are 3/4 full and bake for 20-22 minutes, or until a toothpick inserted in the centre of a muffin comes out clean.
9. Cool for 5 minutes in the muffin tin, then remove the muffins to a wire rack to cool completely.
10. Store the muffins at room temperature in an airtight container for 3-5 days, or freeze for up to 3 months

World Suicide Prevention Day 2023 Creating Hope Through Action 10 September 2023

Suicide is a major public health problem with far-reaching social, emotional, and economic consequences. It is estimated that there are currently more than 700 000 suicides per year worldwide, and we know that each suicide profoundly affects many more people.

“Creating Hope Through Action” is the triennial theme for the World Suicide Prevention Day from 2021–2023. This theme serves as a powerful call to action and reminder that there is an alternative to suicide and that through our actions, we can encourage hope and strengthen prevention.

By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them. It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling.

Creating Hope Through Action

World Suicide Prevention Day (WSPD), September 10, is organized by the International Association for Suicide Prevention (IASP). WHO has been co-sponsor of the day. The purpose of this day is to raise awareness around the globe that suicide can be prevented.

HOPE

Suicide prevention is everyone’s responsibility: it is a public health priority. Action is required to make sure suicide mortality rates are reduced.

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO).



32nd World Congress

IASP 2023 PIRAN 19-23 SEPTEMBER 2023 | PIRAN, SLOVENIA

International Association
for Suicide Prevention
[#BeTheLight](#)

YMHC will be attending the International Association for Suicide Prevention conference in Slovenia this month.

The World Congress in Piran, Slovenia, aims to put the issue of suicide on the agenda globally and regionally, but it also seeks to show that action must be taken locally. The traditional biennial IASP World Congress is an opportunity to engage with a diverse community of academics, researchers, clinicians, crisis workers, lived experience, volunteers and all associated with suicide prevention or working within suicide prevention related topics. It represents a rich platform for spreading knowledge and sharing local, national, and international strategies for suicide prevention. The IASP World Congress is a multi-sectorial event highlighting multi-disciplinary approaches to preventing suicide in all its complexity.

Self Care Calendar

SEPTEMBER 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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Call a loved one/friend

Try out a new yoga routine

YMHC
Youth Mental Health Canada



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Unwind with a good book

Donate/volunteer around your community

Listen or create a fall playlist

Create a list of self-affirmations

Try something new: puppetry

Learn more about practicing mindfulness

Write down anything positive that happened today



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Write a poem about your current feelings

Put on a comfortable outfit

Drink more water

Check out some of YMHC's resources!

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

Try cooking/baking a fall inspired treat

Spend some time with friends/family



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Art challenge: Paint something fall inspired

Fix yourself a healthy meal

Sleep in/Schedule more sleep into your daily routine

Post encouraging notes around the house

DIY: make a homemade bird-feeder

Take a trip to your favourite park

Light a fall scented candle



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Take more naps/healthy breaks

Collect some leaves/try nature photography

Go on a 10 minute walk or explore a new nature path

Try stargazing

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

Watch the sunset or sunrise

Set some personal goals for next month





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 to follow us on social media, donate, and subscribe to newsletters!

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Make Hope Happen!
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