

YMHC YOUTH MENTAL HEALTH CANADA

May Volume: An Overview

It is already May!

This volume features information on YMHC events & activities, an April activity calendar, a healthy recipe, a workout of the month, mental health resources + more!

May Awareness Month:

- Mental Health Awareness Month
- Multiple Sclerosis Month
- ALS Awareness Month
- Share a Story Month
- Walking Month - head outside for a walk

May Awareness Week:

- National Nursing Week - May 8-14
- National Pet Week - first week of May

May Awareness Days:

- May 7: National Child & Youth Mental Health Day
- May 14: Mother's Day
- May 17: International day against homophobia, biphobia and transphobia ((IDAHOBIT)
- May 18: Mental Health Action Day
- May 19: Bike-to-Work Day
- May 21: World Meditation Day
- May 24: World Schizophrenia and Psychosis Day



Mental Health Reminder

May is Mental Health Awareness Month



Self-Care Tip

Donate: donating clothes, book, nonperishable items, you name it, will not only clear your space of unnecessary items but also help someone else in need. Plus, being altruistic has been linked to notable health benefits, like lowering your blood sugar, easing depression, and improving your mood.



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

YMHC YOUTH MENTAL HEALTH CANADA



National Suicide Prevention Conference

All Walks of Life

Halifax, Nova Scotia

May 10-12, 2023

The three day format includes a plethora of vibrant guest speakers, breakout rooms, and networking opportunities in beautiful Nova Scotia at Atlantica Hotel Halifax. Stay at the conference venue and enjoy a special rate (Available until April 10, 2023)

Check out the preliminary speaker list just released on our website!

Tomorrow is the last day for Early Bird Ticket Savings

April 7th
11am AST



Don't miss the premiere Canadian event for exchanging knowledge on suicide prevention, intervention, and postvention



CASP CANADIAN ASSOCIATION FOR SUICIDE PREVENTION
ACPS ASSOCIATION CANADIENNE POUR LA PRÉVENTION DU SUICIDE



Mental Health Commission of Canada
Commission de la santé mentale du Canada



Canadian Mental Health Association
Nova Scotia
Mental health for all

LIVINGWORKS
40 Years of Building Hope

Thursday, MAY 11:

School and Community-Wide Approaches to School Phobia, Avoidance, and Absence: Supporting Students with Mental Health Disabilities by Increasing Protective Factors and Reducing Suicide Risk Factors

3:30 PM – 5:00 PM

Speaker: Sheryl Boswell, Youth Mental Health Canada

<https://schoolphobia.ymhc.ngo>

School Phobia IS:

- ✓ Debilitating
- ✓ A sign of unmet needs at school
- ✓ Caused by severe anxiety often displayed as challenging behaviour
- ✓ Sometimes related to bullying and peer problems, often for being 'different'
- ✓ Harmful to long term child mental health



Supporting Students with School Phobia: A Guidebook for Families and Schools

Support students with school phobia who experience chronic absenteeism from school

For pre-order, visit www.ymhc.ngo/spg or scan the QR code

YMHC Workshops

Workshop & presentations

YMHC provides workshops & presentations 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. The length of most workshops is from 1 to 3 hours. The platform used is Zoom. We can also provide in-person workshops. For more information, check out the information on our website and contact us at <https://edu.ymhc.ngo/workshops>

School Phobia Training Course

- Starts in June: Wednesdays from 7 to 9 pm EST
- 12 hours instructional time
- meaningful assignments
- photocopiable guidebook on school phobia
- certificate

Registration links available soon.

May is
**MENTAL HEALTH
AWARENESS MONTH**

**Child and Youth
Mental Health
Day, May 7**



May 7th is National Child and Youth Mental Health Day. This day is about building caring, compassionate connections between young people and the caring adults in their lives, which in turn can have a big impact on the mental health of children and youth.

The team at YMHC is excited to recognize this day by sharing some of our resources to support caring conversations and child & youth mental health:

Check out our free brochures on supporting child and youth mental health and wellness at <https://ymhc.ngo/resources/brochures>

We hope you will join us and our partners at YMHC to connect around the "I care about you" message and celebrate National Child & Youth Mental Health Day by donating to our "Make Hope Happen" campaign to send tools for wellness - our mental wellness workbooks to students in Canada. Donate at www.ymhc.ngo.



YMHC YOUTH MENTAL HEALTH CANADA



3RD ANNUAL SHINE A LIGHT ON YOUTH WELL-BEING

FEATURED PANELISTS



@Maryland_HT



@Maryland_MACS



@ChildrensMHM



@NEDAstaff



@MarylandEIP



@TrevorProject



@YMHCCanada



@NAMIMaryland



@NCSMHtweets



@MDBHIPP



Hosted by: Dr. Sally Spencer-Thomas | @sspencerthomas
www.SallySpencerThomas.com

#ELEVATETHECONVO TWITTER CHAT
MAY 11TH 8PM ET/5PM PT USA

MAY 12TH 1AM LONDON 10AM SYDNEY



Join YMHC on Thursday, May 11 for our third international Twitter chat on "Shine a Light on Youth Well-Being".

Dr. Sally Spencer-Thomas will moderate the chat using the hashtag #ElevatetheConvo.

May 11, 8 pm ET/5 pm PT

YMHC YOUTH MENTAL HEALTH CANADA

What is IDAHOBIT?

This day was created to mark the World Health Organization's (WHO) important step to declassify homosexuality as a mental disorder, on May 17th, 1990.

Every year, advocates around the world call on local authorities, decision-makers, and the public to recognize and support the issues those with diverse sexual identities, gender expressions, and sex characteristics currently face.



IDAHOBIT

May 17

International Day Against
Homophobia, Biphobia,
Intersexphobia and Transphobia



MENTAL WELLNESS WORKBOOK

2ND EDITION



3-in-1

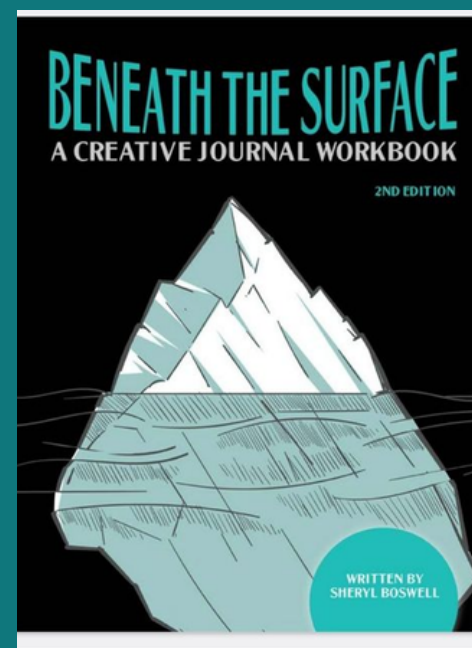
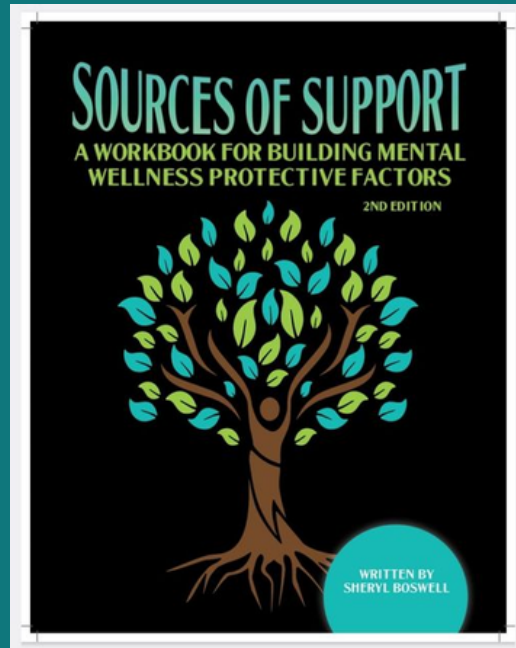
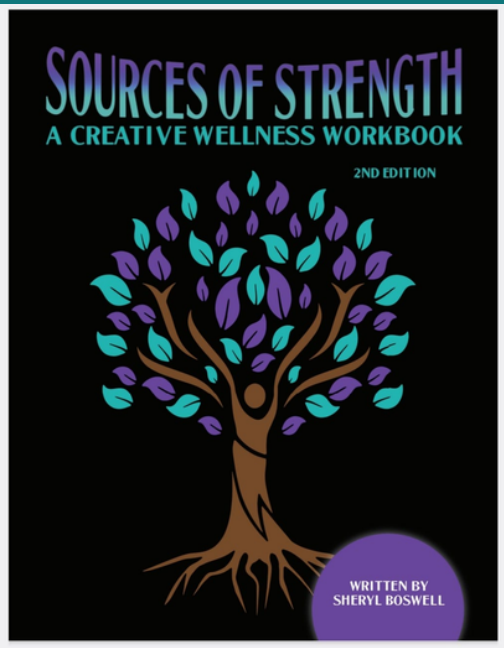
INCLUDES:

Beneath the Surface
Sources of Support &
Sources of Strength

WRITTEN BY
SHERYL BOSWELL



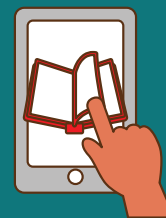
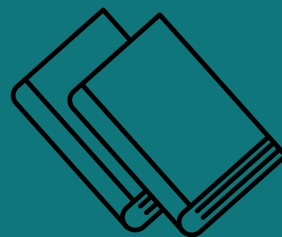
Second Editions are now available!



- Evidence-based
- Peer-reviewed by international experts in youth mental health and suicide prevention
- Strength and hope-based "tools for wellness"
- Hands-on activities incorporating international best practices: Social Emotional Learning, Cognitive Behavioral Therapy, and Dialectical Behavior Therapy
- Practical, proactive, and preventative strategies to build mental wellness protective factors.
- Mental wellness workbooks provide a way to build mental health access, support, and awareness

ORDER HERE

edu.ymhc.ngo



All YMHC resources are available in print, digital fillable and photocopyable formats.



WORKOUT OF THE MONTH

no equipment needed - give this quick workout a go!

START

Jumping Jacks
3 sets of 30 seconds



Mountain Climbers
3 sets of 20 seconds



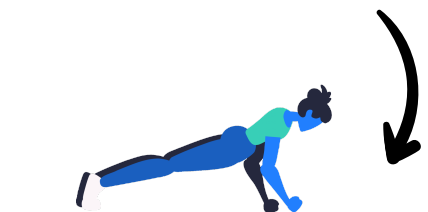
Alternating Forward Lunges
3 sets of 16



Burpees
3 sets of 12



Alternating High Knees
3 sets of 30 seconds



Up-Up-Down-Down Planks
3 sets of 12



I can & I will

CINNAMON-CARAMEL SWIRL BANANA CAKE

This is better than banana bread... more moist but basically the same steps to make it!

Ingredients

- 3 cups all-purpose flour
- 1/4 cup granulated sugar
- 4 tsp baking powder
- 1/4 cup milk
- 1 tsp vanilla extract
- 2 eggs, at room temperature
- 1/2 cup (113g) butter, melted and slightly cooled
- 3 large ripe bananas, mashed




Cinnamon Caramel Swirl:

- 1/4 cup Healthy Crunch vegan caramel spread
- 1/4 cup cinnamon
- 2 tbsp sugar

- 2 tbsp cinnamon
- 2 tbsp sugar



 @freshandflavourful

Directions

1. Preheat oven to 350F. Line an 8X8 inch baking pan with parchment paper.
2. In a medium bowl melt and cool the butter. Add the eggs, milk, vanilla, mashed banana and whisk until combined.
3. Add flour, sugar, and baking powder to the wet mixture. Mix until combined.
4. Pour into pan.
5. Mix all the ingredients for the cinnamon caramel swirl in a small bowl. Distribute this mixture on top of the batter in the pan in small dollops. Use a knife or spoon to swirl in the cinnamon caramel mixture.
6. Evenly sprinkle 2 tbsp cinnamon on top of the batter, then the 2 tbsp of sugar.
7. Bake for 40-45 minutes, or until top is golden brown and toothpick inserted comes out clean.

Makes an 8X8 inch cake

Self Care Calendar

MAY 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30

Write down 10 things you love about yourself!



2

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

Explore a new nature trail



3

Try out some morning meditation

4

Visit an art gallery

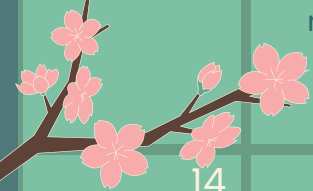


6

Drink lots of water!

7

Find some cherry blossoms!



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

Compliment yourself every time you see your reflection



14

Pick some flowers and share some with a motherly figure in your life

15

Go out for some ice cream



16

Plan an outdoor brunch with a friend

17

Check out some of YMHC's resources!



18

Fix yourself a healthy meal

19

Try some indoor/outdoor gardening



20

Share a funny joke or story

21

Try out a new skill: crochet



22

Spend the day with family/friends

23

Art challenge: paint a picture inspired by your favourite movie



24

Organize your room/Spring cleaning

25

Sit outside and enjoy the sunset



26

Create a bulletin board of things that make you smile



27

Take some time for yourself & relax

28

Spend some time with your pet(s)



29

Sleep in/go to sleep early

30

Start or continue a journal

31

Make a list of personal goals for next month



YMHC

Youth Mental Health Canada



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!

-  www.ymhc.ngo
-  edu.ymhc.ngo
-  schoolphobia.ymhc.ngo
-  www.ymhc.ngo/contact
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Make Hope Happen!
Donate at www.ymhc.ngo/donate