

Family
Na>igation
Project

at Sunnybrook

NAVIGATING THE

Mental Health

& Addictions

CARE SYSTEM



OVERVIEW

01.

WHO ARE WE?

02.

WHAT IS MENTAL HEALTH?

03.

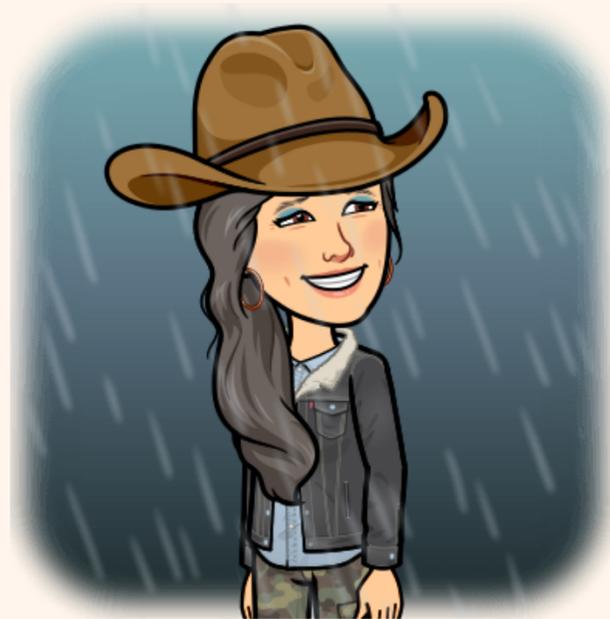
WHAT ARE SOME MYTHS ABOUT MENTAL HEALTH?

04.

HOW CAN YOU GET SUPPORT?



INTRODUCTIONS!

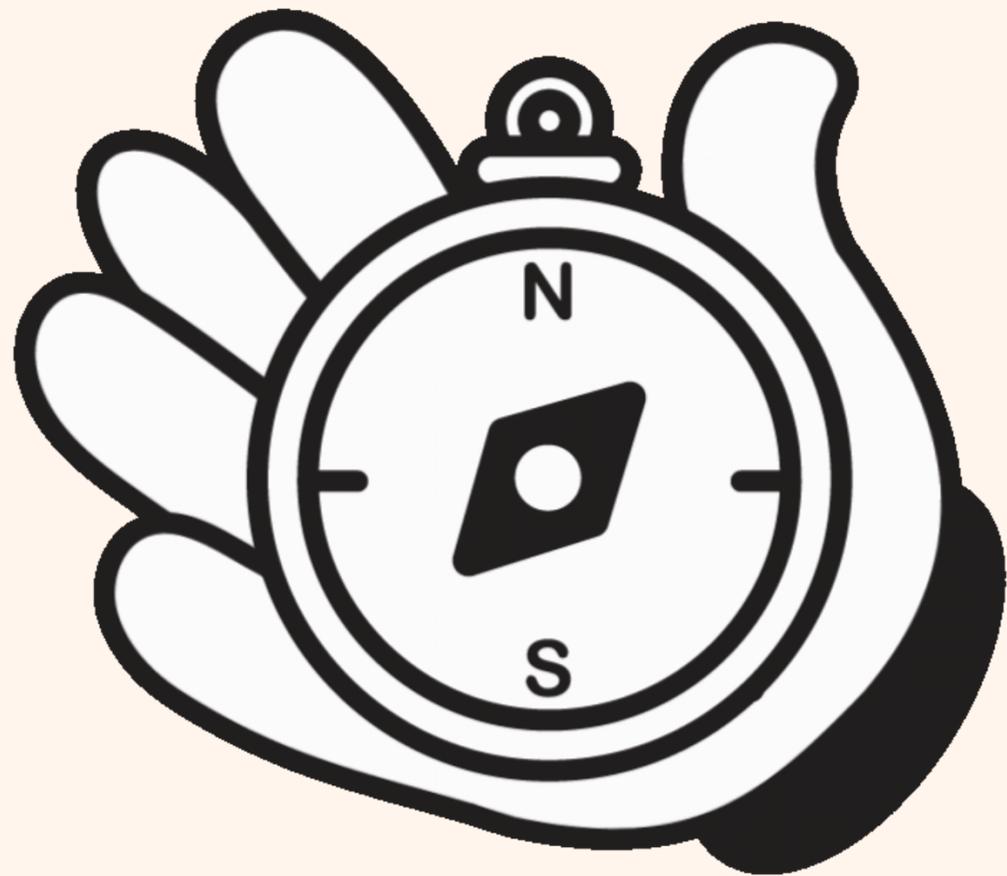


LIISA KUUTER



THALIA PHI

FAMILY NAVIGATION PROJECT



WHO ARE WE?
WHAT DO WE DO?

Sunnybrook's Family Navigation Project is a free mental health and addictions navigation service supporting youths (ages 11 to 29) in the Greater Toronto Area (GTA)



**PUT YOUR HAND UP IF YOU
KNOW SOMEONE WHO
HAS STRUGGLED WITH
THEIR MENTAL HEALTH?**

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**PUT YOUR HAND UP IF YOU
KNOW SOMEONE WHO HAS
STRUGGLED BUT DIDN'T
KNOW WHERE TO GET HELP?**

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WHAT IS MENTAL HEALTH?

Mental health is a range of thoughts, feelings and experiences that make up your overall mental, emotional and spiritual well-being (Kids Help Phone)



MENTAL HEALTH DISORDERS

MENTAL WELLNESS

WHAT IS STIGMA?

Stigma is when people have **unfair** or **negative thoughts** about someone because of their mental health. This can lead to stereotypes, judgment, or assumptions and it can make the person feel **embarrassed**, **ashamed**, or like they **have to hide** what they're going through.

STIGMA CAN MAKE IT HARD TO TALK ABOUT MENTAL HEALTH

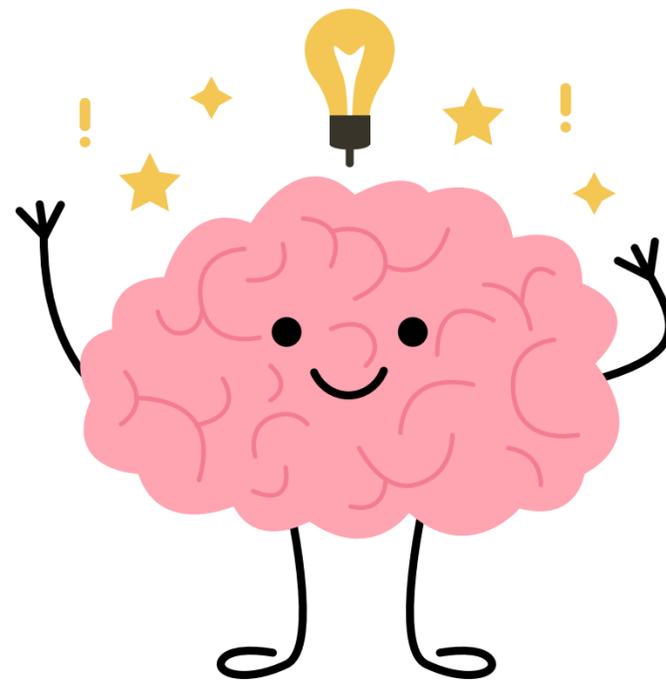
Mental health can
affect anyone at
ANY AGE - not just
adults.

You **CAN'T** always tell
when someone has a
mental health problem.

Words **DO** have power!
Words like "crazy" or
"psycho" can be hurtful
when referring to mental
health.

MYTHS BUSTED!

Technology Use and
Social Media is all
good/bad for you!
NO - IT'S A SPECTRUM



**IT'S OKAY TO REACH OUT
FOR HELP** - Mental health
isn't something that you
always have to handle on
your own.

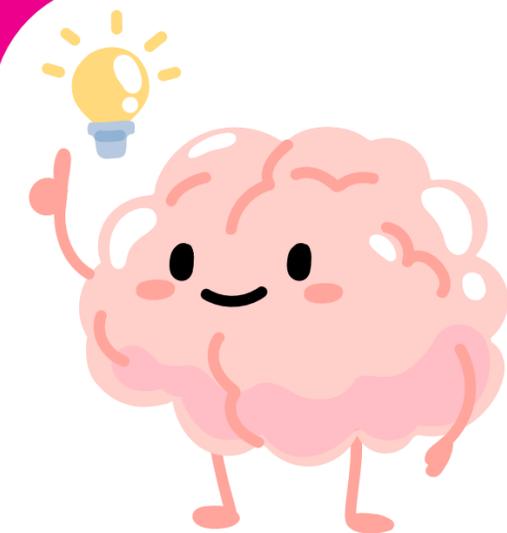
THINKING ABOUT YOUR
MENTAL HEALTH...



Here are some questions that you can ask yourself:

- How are you feeling?
- Are you still enjoying your hobbies?
- Are you sleeping or eating more or less than usual?
- Are you feeling sad more than you would like?
- Do you want to be alone more often?
- Are you having trouble concentrating?
- Do you find yourself worrying, overthinking or being overwhelmed often?

**PUT YOUR HAND UP IF
YOU KNOW WHERE
TO GO IF YOU'RE NOT
FEELING WELL?**



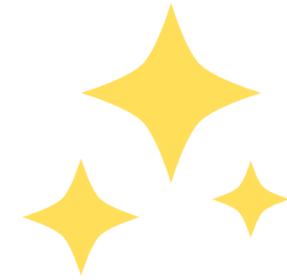
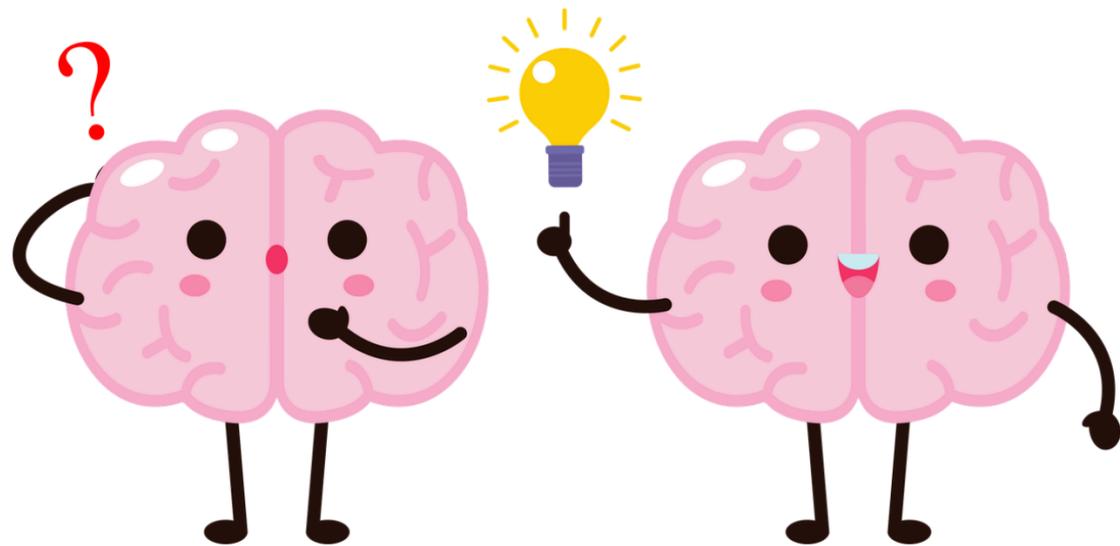
FRIENDS

TEACHERS

GUIDANCE
COUNSELLORS &
SCHOOL SOCIAL
WORKERS

TRUSTED ADULTS
(COACHES, LIBRARIAN,
VP, ETC.)

FAMILY MEMBERS



HOW CAN FNP HELP?

WHAT COULD I ACCESS NAVIGATION FOR?



When you are
just getting
started



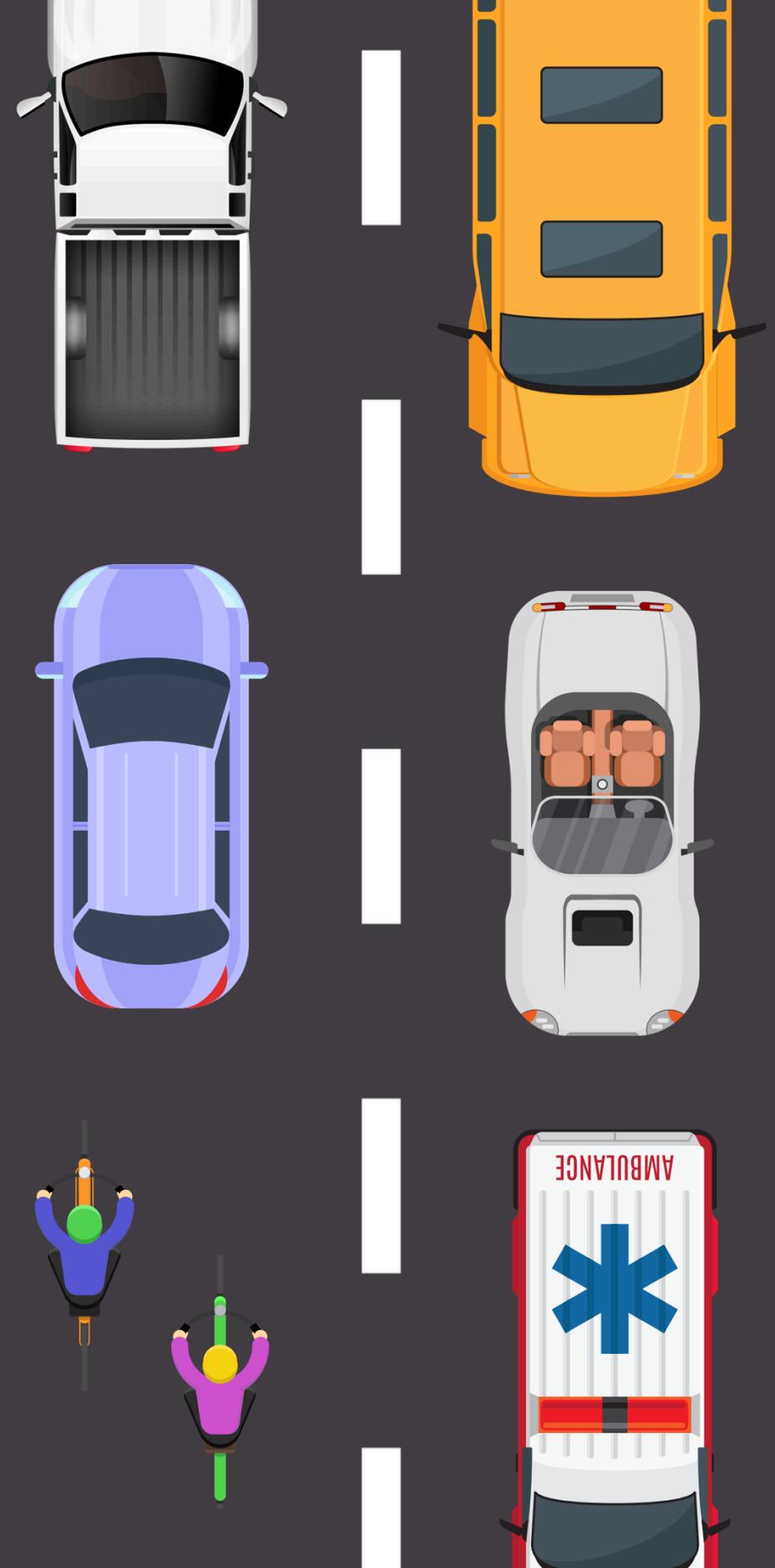
When you are
not sure where
to go



When things
you've tried aren't
working

TYPES OF RESOURCES

Counselling & Therapy
Peer Support
Youth Wellness Hubs
Help Lines
Support Groups
Online Resources



WHERE DO I START?

youth
wellness
hubs
ONTARIO

carrefours
bien-être
pour les jeunes
DE L'ONTARIO

what's up
walk in®

📍 100 Consilium Pl Suite 102, Scarborough, ON, M1H 3E3

☎️ 416-346-4516

🌐 youthhubs.ca/site/scarborough-youth-wellness-hub



☎️ 1-800-668-6868

🌐 kidshelpphone.ca



Help
Ahead

☎️ 1-866-585-6486

🌐 helpahead.ca

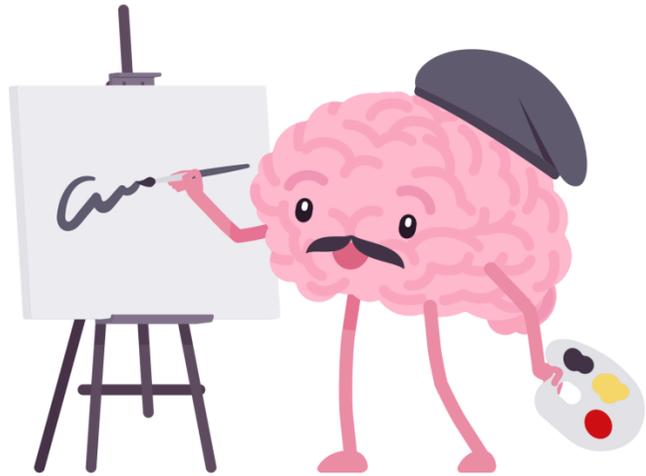
One Stop Talk

☎️ 1-855-416-8255

🌐 onestoptalk.ca

REMINDERS

FOR TAKING CARE OF YOUR MENTAL HEALTH



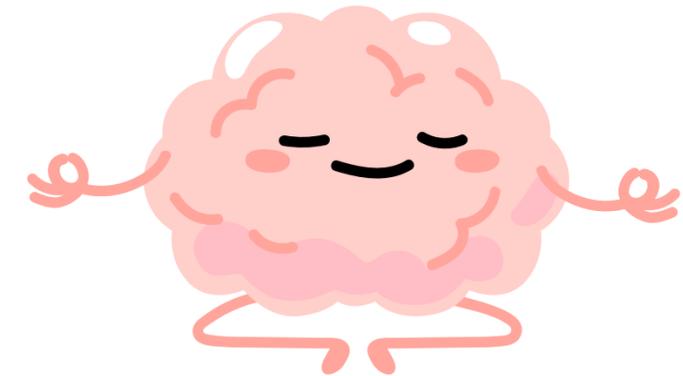
TAKE TIME TO DO THINGS YOU ENJOY

*What are some things
you can do when you're
feeling down?*



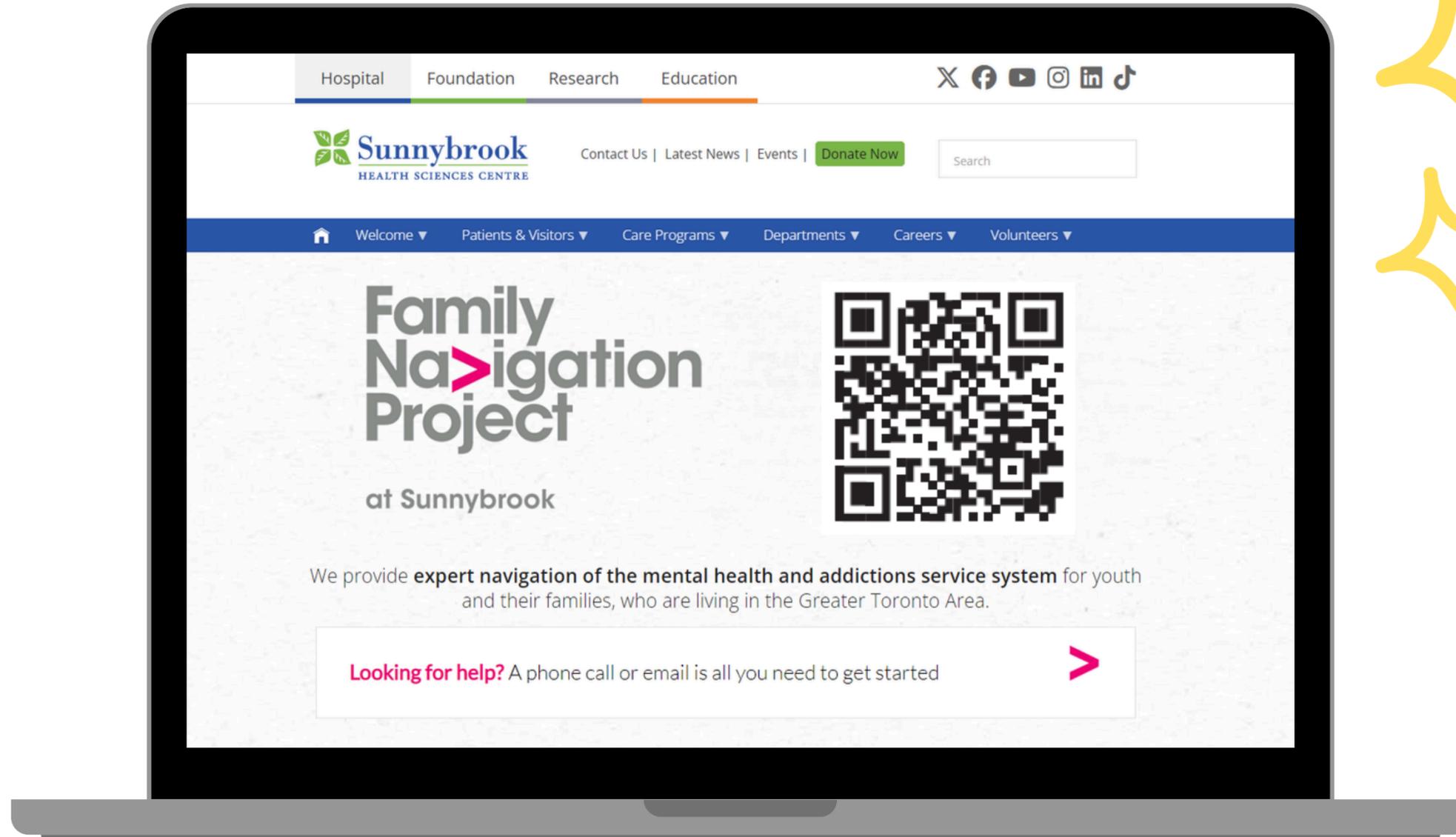
MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH

*How can you prioritize your
mental health and wellbeing?*



BE AWARE OF YOUR THOUGHTS

*How do you speak to yourself
or others when going through
a challenging time?*



-  familynavigationproject.ca
-  familynavigation@sunnybrook.ca
-  **1-800-380-9FNP or 1-800-380-9367**

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ANY QUESTIONS?

DROP BY OUR BOOTH @ LUNCH

