

# YSED Mental Health Package Contents

<u>Activity/Resource Title</u>	<u>Outline/Learning Topics</u>
1. Service Hospitality TV Video: Let's Talk Anxiety	Join the conversation and help promote mental health awareness. Let's Talk Anxiety...
2. Mental Health Awareness Quick Fact Sheet (Printable)	Event Day Awareness - Hang in your school or organization!
3. Psychological Health & Safety Do's and Don'ts Activity	Discusses do's and don'ts to support a psychologically healthy and safe workplace.
4. Mental Health Resources	Full page of resources (websites, phone numbers, apps) and what can you do to help information.
5. Mental Health Tips for Young Workers	Important tips for young workers as they start a new job/path on how to stay safe physically and mentally.
6. Mental Health Scenarios	Students work together to discuss mental health scenarios, advice and assistance for the scenarios and who they might suggest the individuals to go to for help.
7. Potholes- Mental Health Stressors	Stressor discussions and the ways we can try navigating life while coping with the stress we may encounter.
8. Be Mentally Healthy Bingo Activity	Practicing incorporating healthy habits into your day.

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9. Mental Health Puzzle Piece Activity	Explore stressors that cause people anxiety and discuss healthy ways of coping.
10. Mental Health Tool Box Talks	Informal safety meetings allowing the students to discuss, participate and learn different ways to build positive mental health.
11. Mental Health Crossword Puzzle & Answer Sheet	Use the clue sheets to help find the facts for the mental health crossword puzzle.
12. Mental Health Reflective Response	Record reflections from the activities completed.
13. Workplace Mental Health-Employer Responsibilities Worksheet	Students discuss an employers responsibility to mental health in the workplace and additional strategies.
14. Mental Health Illnesses Fill in the Blanks Activity	Students use the websites provided to learn how mental illnesses are affecting Canadian workplaces.
15. Wellness Sketch	Students will sketch an image that reflects a positive work-life balance and respond to discussion questions.
16. Take a Compliment/Give a Compliment Poster	Take a compliment and give it to a friend, acquaintance or a stranger you never know whose day you may brighten!