

Crossword Puzzle Information Sheet

Everyone has Mental Health! Sometimes it is positive, sometimes it is negative and there are many things that can contribute to this.

Mental illnesses are health problems that affect the way we think about ourselves, relate to others and interact with the world around us. They affect our thoughts, feelings, abilities and behaviours. Mental illnesses are real illnesses. People can have periods when they are well and productive and periods when they are unwell, and functioning is low (CMHA, 2019).

Mental illness can take many forms, just as physical illnesses do. Mental illnesses are still feared and misunderstood by many, but the fear will disappear as people learn more about them. All mental illnesses can be treated (Canadian Mental Health Association, 2019).

Mental Health in the Workplace:

- Starting a new job can be an anxious time-ask questions!
- Know who you should talk to if your mental health is affected at work- a boss, supervisor or Human Resources.
- People who experience mental illness may doubt their abilities or appear less confident. They may have a hard time concentrating, learning or making decisions.
- Talk to your workplace about what they might offer for mental health support.

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Some Mental Health Statistics:

- 1/5 Canadians will deal with some form of mental illness during their life.
- 70% of mental illnesses have their first onset in childhood and adolescence.
- 80% of Canadian youth do not have access to the help that they need for mental illness.

Common Mental Illnesses:

- Depression
- Bipolar Disorder
- Schizophrenia
- Phobias
- Eating Disorders
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder

But the most common is Anxiety.

When might we feel anxious?

- Before a competition (sports, music, etc).
- When our parents are arguing.
- When we are experiencing peer pressure.
- Before a test.
- When we are being bullied or are witnessing bullying.

There are many things that can make a person feel anxious. It is important that we can start recognizing our own personal triggers so we can try some healthy coping strategies.

Anxiety and Stress:

- Anxiety is normal. Many people experience anxiety during different events and situations.
- You are not alone if you are dealing with anxiety or any other mental illness.
- PLEASE, tell someone you trust.

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Bullying and Harassment:

- Any inappropriate conduct, comment, display, action or gesture by a person.
- Behaviour which is unwelcome that demeans, embarrasses, humiliates, alarms or abuses a person.
- Acts as a threat to the health or safety of the worker.
- Bullying is a form of harassment.
- If you experience or observe harassment at work, you must report it to your employer first.
- Reference your company's harassment policy.

Types of violence:

- Threatening behaviour- shaking fists, destroying property, throwing items.
- Verbal or written threats- expression of an intent to cause harm.
- Verbal abuse- swearing, insults, condescending language, etc.
- Physical attacks- hitting, shoving, pushing, etc.

Healthy vs Non-Healthy Anxiety

It is important to know the difference as many people will experience both in life.

Healthy Anxiety- is manageable and it may even provide extra energy for an event.

- Nervous for a sports game.
- Nervous for a test or presentation.

Non-Healthy Anxiety- begins to interfere with everyday life; becomes overwhelming.

- Not caring about something you were passionate about.
- Not sleeping enough or sleeping too much.

Never give up on someone with mental illness.
When we replace "I" with "We" Illness becomes Wellness.