



5 Depression

What are some signs of depression?
For answer, go to 3

6 Stress

How to reduce your stress level?
For answer, go to 2

Chimo Helpline
1-800-667-5005
Kids Help Phone
1-800-668-6868

4 Attitude

Why is your attitude so important?
For answer, go to 8

4

- Talk to someone
- Make a scrapbook
- Allow yourself to grieve
- Remember the good times

5

- Happiness
- Loneliness
- Excitement
- Sadness
- Scared
- Hurt
- Anger

6

- Talk to someone about how you feel
- Take time to cool down
- Step away from the situation

7

- Focus on strengths
- Learn new skills
- Love yourself
- Be your own best friend

7 Suicide

Whom can you talk to if you have thoughts of suicide?
For answer, go to 1

3 Feelings

What are the different emotions we can feel?
For answer, go to 5

3

- Not sleeping well
- Feeling alone
- Crying a lot
- Trouble concentrating
- Low energy

2

- Exercise regularly
- Follow the food guide
- Take charge of your lifestyle
- Sleep 8 hours nightly

8

Because it affects:

- how you look
- what you say
- what you do
- how you feel physically and mentally

8

- Talk to an adult (parent/teacher)
- If you do not feel as if you can, call 9-1-1

8 Grief

How to cope when you've lost someone or something you love?
For answer, go to 4

Learn About "Mental Health"
www.cmha.com

CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

2 Anger

What can you do to manage anger?
For answer, go to 6

1 Self-Esteem

How to increase self-esteem?
For answer, go to 7

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