

## Mental Health Challenges

Everyone faces events in their day to day life which, if not addressed, could challenge their mental health. Common challenges include:

- Losses (loved ones, health, job)
- Employment (loss, new, retirement)
- Life events (wedding, pregnancy)
- Housing
- Relationships
- Finances / Legal
- Health / Illness



Even positive life events can be stressful and require attention and care. Identify stressors, put good stress management techniques in place and take time to focus on personal needs to maintain balance with life events.

## Getting Help

Seek professional help if you are having any of the following feelings or behaviours:

- Inability to sleep
- Feeling down, hopeless or helpless
- Difficulty concentrating
- Using drugs, alcohol to cope
- Negative or self destructive thoughts
- Thoughts of death or suicide



Asking for help is **NOT** a weakness .... early support can address problems before they become more difficult to handle.

## Supports and Services

### Crisis Assessment and Support Team

(CAST) provides 24/7 mental health crisis support for people aged 16 and older. A program of Community Addiction and Mental Health of Haldimand and Norfolk.  
**1-866-487-CAST (2278)**

### Child and Youth Crisis Service

Haldimand-Norfolk REACH  
24/7 service for children, youth and their families who are experiencing a mental health crisis.  
**1-866-327-3224**

### Community Addiction and Mental Health Services

(CAMHS) provides community-based mental health services for people aged 16 + and addiction services for all ages.  
**519-587-4658**



A physician, employee assistance program, clergy or counsellor may be able to offer support or refer you to services.

For general information visit the Mental Health & Wellness Collection at the Norfolk County Public Library, Simcoe branch or visit [www.ncpl.ca](http://www.ncpl.ca) for books, videos and DVDs on mental illness/health, addiction and recovery.

Pamphlet provided with support from:



For additional information or pamphlets contact:  
Community Addiction and Mental Health Services

**Wellness & Recovery Centre 1-877-909-4357 x2**

# Achieving POSITIVE MENTAL HEALTH



Mental health is our ability to feel, think, and act in ways that allow us to enjoy life and deal with daily challenges.

## Good overall health requires both physical & mental health



Community Addiction and Mental Health Services of Haldimand and Norfolk

**Achieve Mental Health  
Wellness & Recovery Centre**

Dedicated to the enhancement of our community through the provision of addiction and mental health services that promote and support wellness.

## Positive Mental Health

Mental health relates to how you think, feel and act. Good mental health enables people to:

- Have a positive attitude and manage life's challenges
- Feel good about and care for themselves and others
- Act responsibly in their work and in their relationships

People with positive mental health are.....

**Resilient** - while everyone can face bad times, having positive mental health or resilience is the ability to 'bounce back', to cope with a negative or challenging situation and not let it knock you down and keep you down.



**Optimistic** - challenging situations can become overwhelming if seen only as burdens rather than as problems needing a solution. Those with positive mental health approach new situations with an 'I can' attitude.

**Contented** - what we have and what we want are often different and those with good mental health can appreciate what they have and see what they want as goals to achieve rather than as losses to mourn.

**Flexible** - life is not always predictable and those with good mental health are able to adapt to changing situations and are willing and comfortable to learn new skills to deal with change.

**Self confident** - those with good mental health believe in themselves and in their ability to tackle the daily challenges of life.



## Positive Mental Health

People with positive mental health have.....

**Purpose** - for those with positive mental health there is meaning and a reason to get up every day. Their life provides purpose and fulfillment in activities and relationships.

**Zest for living** - finding a balance between work and play, rest and activity. Enjoying life with the ability to laugh and have fun.



Positive mental health plays a key role in both preventing the onset of some physical health problems and in coping with existing physical health problems. Caring for yourself is an important building block for overall positive mental health.

**Take care of your body** - good diet, exercise and sleep habits provide a solid foundation to achieve overall physical and mental health.



**Limit alcohol, and avoid cigarettes and drugs** - these substances provide the illusion of being calming but have long term negative effects on physical and mental health.

## Achieving Mental Health

In addition to taking care of physical wellbeing, taking care of yourself includes being involved with activities that make you 'feel good'....



**Exercise your brain** - learn and discover, take a class, visit the library, join a club, play a challenging game, work on a puzzle.

**Volunteer** - being useful to others and being valued for what you do helps build self esteem.

**Enjoy nature** - a walk in the park can lower blood pressure and reduce stress.

**Appeal to your senses** - find pleasure in the things that look, sound, feel, smell and taste right to you - your five senses can provide calming and soothing pleasure.



**Leisure** - hobbies and activities provide fun, a necessity, as play provides a balance in life which contributes to mental health.

**Manage stress** - stress takes a heavy toll on mental health - know your stressors and how to manage them.

**Build friendships** - the company of others helps us to feel and be our best everyday.

**Support network** - talking about feelings and issues reduces stress and provides support.



# Achieving Positive Mental Health