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HEALTHY SCHOOLS

HEALTHY PEOPLE

FAMILY-FOCUSED MONTHLY NEWSLETTER

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### #LetsGetReal about Mental Health

When it comes to looking after one's mental health, here are some basics that are key – and great news, what's good for our mental health is good for our health overall – and helpful in supporting your child's learning journey.

- **Get active!** Any kind of movement works – what matters is it's fun and enjoyed (whatever one's age!)
- **Get your Zs** Quality sleep – and enough of it, matters a lot for us all. And some, like teens, need more than others. These [tips](#) can help.
- **Fuel up.** Enjoying a [balanced diet](#) and some [family meals](#) offers tons of benefits – including good mental and physical health.
- **It's (almost) all about relationships.**

Making time to connect with friends and family isn't always easy in today's busy world, but it's worth it. Check out all the [benefits](#) of human connections – and here's a [few ideas](#) for helping you or your

kids nurture connections.

- **Before you weigh in, tune in.** This year's theme for [national mental health week](#) is about empathy – something that can

help us know ourselves and our own feelings. It can help us lead, help us communicate and help us support and connect with others. This [short, humorous video](#) helps explain empathy and how it's different than sympathy.

- **Lend a hand.** Acts of kindness and helping others is not only a nice thing to do – it's great for your mental health too! Check out this [site](#) for why it matters and ideas to spark action.

**Have questions about your child's mental health?** Kelty Mental Health Centre addresses [the common questions](#) that families ask about

accessing mental health supports and services in BC for their child or youth. You'll find suggestions about where to go and what to expect when looking for support options.

### DYK Mental Health Literacy has 4 Key Components?



#### TERRITORIAL ACKNOWLEDGEMENT

Sooke School District acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and Scia'new Nation and Nuu-chah-nulth: Pacheedaht Nation. We also recognize some of our schools reside on the traditional territory of the Esquimalt Nation and Songhees Nation.



COAST SALISH MOON:  
SX'AN, EL – THE BULLHEAD  
MOON Credit to: Claxton,  
E. Senior & Elliot, J. (1993).  
The Saanich Year

## Mental Health, distress, disorder – what’s the difference?

If you’re like many Canadians, you might be wondering about your own mental health and/or perhaps a family member’s. It’s helpful to think of mental health as a pyramid. This short video on this [page](#) does a great job of helping communicate the difference between mental health, distress, illness and disorder – it also reminds us that everyone’s mental health fluctuates at times – and that’s totally normal.

**In crisis?** It can be frightening and overwhelming when you or someone you know is experiencing a mental health crisis. You’re not alone and help is available. This [list](#) includes the many services available on Southern Vancouver Island that range from immediate crisis support to long-term services and support groups for those directly impacted by mental health issues, as well as their families and support systems.

## Teens and Substance Use

There is no single reason why teens use alcohol or other drugs, and it doesn’t always look like what you might expect. Teens can be getting good grades, have plenty of friends, and still be using substances. As parents, it’s important to understand potential reasons for teenage drug use. The more we know about what’s going on with our teens, the more likely it is that we’ll be able to help keep them on track – and be there for them. This [resource](#) offers practical tips and things to think about as you help your child.

**Concerned about your youth?** Changes in mood, behaviour and attitude is a normal part of being an adolescent. It can also be an indication of substance use or a mental health challenge – or both. If you feel your teen is experiencing problems, seek help from a professional. Help is available by reaching out to any of these:

### Discovery Youth & Family Substance Use Services

Ph: 250-519-5313

### Alcohol & Drug Info Line

1-800-663-1441 [www.healthlinkbc.ca](http://www.healthlinkbc.ca)



## From our partners

### May 7th is National Child and Youth Mental Health Day

To help celebrate – and support us all in connecting with our kids about mental health and substance use, [Family Smart](#) is hosting a series of online learning events including:

- [Building Connection With Our Kids When It Feels Impossible](#) (May 3 – 6-8:00 p.m.) and
- [The ABCs of Substance Use and Connecting With Our Kids](#) (May 6 from 6-8:00 p.m.).

### EMCS Society

Offers tons of fun programs & drop in sessions (badminton, basketball anyone?) for youth. Check out their [site](#) for details.

### West Shore Parks and Recreation & SEAPARC

Spring and Summer programming guides are out!

### Sooke Library

Checked out the new [Sooke library branch](#) yet? Over 23,000 items in their collection and programs to explore for all ages!



### GOT FEEDBACK FOR US?

Health is key to learning (and vice versa), so as part of the district’s commitment to promoting health and learning for all, we’ll share monthly bulletins full of tips and resources we hope you find helpful. Got feedback? We’d love to hear it! Email [vrwhite@sd62.bc.ca](mailto:vrwhite@sd62.bc.ca)



READ THE ENHANCED VERSION ONLINE

[bit.ly/3i2rvWq](http://bit.ly/3i2rvWq)