

[← Messages](#)   **You**   [Details](#)

so like, what do you guys do at Your Mind Matters?

here, check this out...

**This is what we do...**



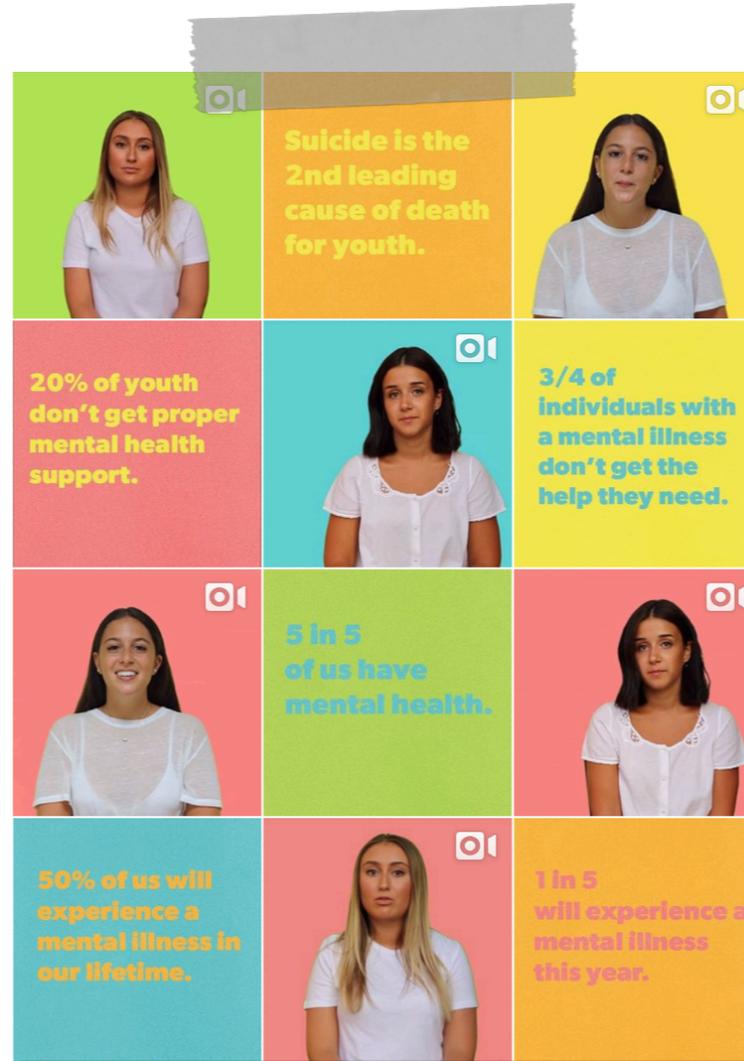
@yourmindmattersorg



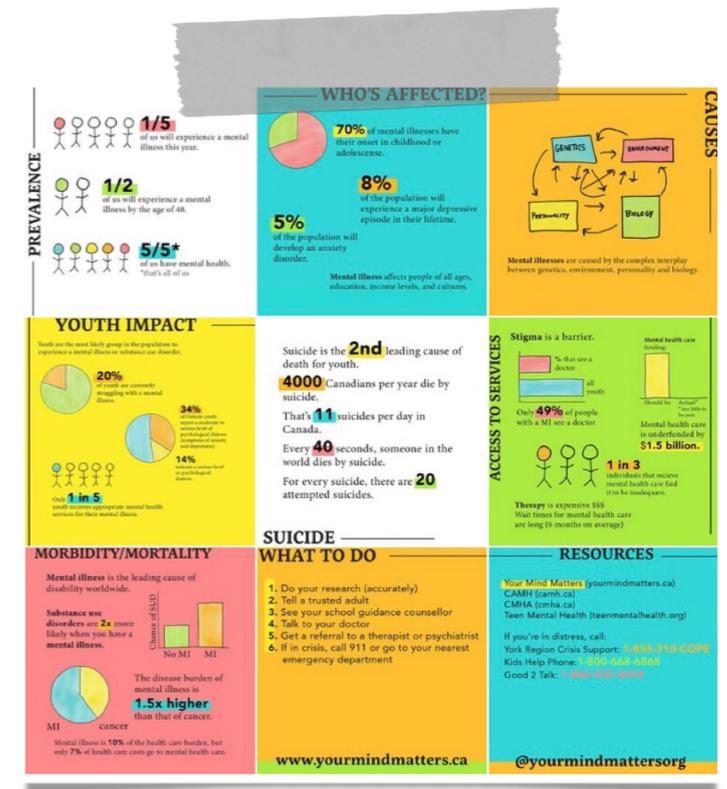
# Media

## What is it?

You know what it is. We share it all.



# INSTAGRAM NEEDS MORE MENTAL HEALTH CONTENT



# Resources

## What are they?

Researched, informative documents or photos about anything mental illness or mental health related. We've got lots of those!

Everything you need to know about **MENTAL ILLNESS: THE #s.** WHO'S AFFECTED?

**PREVALENCE**

- 1/5** of us will experience a mental illness this year.
- 1/2** of us will experience a mental illness by the age of 40.
- 5/5\*** of us have mental health. \*that's all of us

**WHO'S AFFECTED?**

- 70%** of mental illnesses have their onset in childhood or adolescence.
- 5%** of the population will develop an anxiety disorder.
- 8%** of the population will experience a major depressive episode in their lifetime.

Mental illness affects people of all ages, education, income levels, and cultures.

**YOUTH IMPACT**

- Youth are the most likely group in the population to experience a mental illness or substance use disorder.
- 20%** of youth are currently struggling with a mental illness.
- Only **1 in 5** youth receives appropriate mental health services for their mental illness.
- 34%** of Ontario youth report a moderate to serious level of psychological distress (symptoms of anxiety and depression).
- 14%** indicate a serious level of psychological distress.

**CAUSES**

Mental illnesses are caused by the complex interplay between genetics, environment, personality and biology.

**MORBIDITY/MORTALITY**

- Mental illness is the leading cause of disability worldwide.
- Substance use disorders are **2x** more likely when you have a mental illness.
- The disease burden of mental illness is **1.5x higher** than that of cancer.
- Mental illness is **10%** of the health care burden, but only **7%** of health care costs go to mental health care.

**SUICIDE**

- Suicide is the **2nd** leading cause of death for youth.
- 4000** Canadians per year die by suicide.
- That's **11** suicides per day in Canada.
- Every **40** seconds, someone in the world dies by suicide.
- For every suicide, there are **20** attempted suicides.

**ACCESS TO SERVICES**

- Stigma is a barrier.
- Only **49%** of people with a MI see a doctor.
- Mental health care is underfunded by **\$1.5 billion**.
- 1 in 3** individuals that receive mental health care find it to be inadequate.
- Therapy is expensive \$\$\$
- Wait times for mental health care are long (6 months on average)

**WHAT TO DO**

1. Do your research (accurately)
2. Tell a trusted adult
3. See your school guidance counsellor
4. Talk to your doctor
5. Get a referral to a therapist or psychiatrist
6. If in crisis, call 911 or go to your nearest emergency department

**RESOURCES**

- Your Mind Matters (yourmindmatters.ca)
- CAMH (camh.ca)
- CMHA (cmha.ca)
- Teen Mental Health (teenmentalhealth.org)

If you're in distress, call:  
 York Region Crisis Support: **1-815-310-4000**  
 Kids Help Phone: **1-800-668-6868**  
 Good 2 Talk: **1-866-925-5454**

[www.yourmindmatters.ca](http://www.yourmindmatters.ca) @yourmindmattersorg

**1 in 5** will experience a mental illness this year.

**50% of us** will experience a mental illness in our lifetime.

**5 in 5** of us have mental health.

**3/4 of individuals** with a mental illness don't get the help they need.

## Depression.

*It's more than sadness or a bad day.*

Extreme sadness and low mood that lasts for more than two weeks and has no clear cause.

**FACT**

8% of people experience major depression at some point in their lifetime.

**Feels like...**

- Sadness
- Worthlessness
- Hopelessness
- Excessive and inappropriate guilt
- Suicidal thoughts

**Looks like...**

- Crying easily and often, or feeling like crying but not being able to
- Loss of pleasure in all or most activities
- Inability to concentrate
- Indecisiveness
- Excessive fatigue
- Loss of energy
- Sleep problems
- Physical slowness
- Restlessness
- Decrease in appetite

**Sounds like...**

"There's no point anymore"  
 "Nothing is going to get better for me"  
 "Everything sucks"

**IS IT DEPRESSION?**

- Have you lost interest or pleasure in the things you usually like to do?
- Have you felt sad, low, down or hopeless?
- Are you feeling that life is not worth living?

**TREATMENT**

Psychotherapy, like Cognitive Behavioural Therapy (CBT)  
 Mindfulness-Based Cognitive Therapy (MBCT)  
 Medication (antidepressants)  
 ECT, rTMS

**RESOURCES**

Centre for Addiction and Mental Health (CAMH)  
[camh.ca](http://camh.ca)  
 Canadian Mental Health Association (CMHA)  
[cmha.ca](http://cmha.ca)  
 Teen Mental Health  
[teenmentalhealth.org](http://teenmentalhealth.org)

**www.yourmindmatters.ca @yourmindmattersorg**

**YORK REGION CRISIS SUPPORT** | **KIDS HELP PHONE** | **GOOD 2 TALK**  
**1-815-310-4000** | **1-800-668-6868** | **1-866-925-5454**

**IT GETS BETTER.**

# Presentations

## What are they?

Someone educated on the topic is going to speak to a group of people, usually students in a classroom setting, about ANY topic related to mental illness and mental health. They are meant to be informative, mildly entertaining, and extremely applicable and educational for all. We have a ton of different topics to choose from. You can customize your own presentation for your group, or choose the “**YMM Special**”, where we’ve taken all the important topics, condensed the information to what’s most important, and then share it all within a couple of hours.

*When you think ‘presentation’, you might think boring or an opportunity to take a nap, but that’s not what these are. These are the good kind. We promise!*

### Presentation Topics:

- mental health
- mental illness
- stigma
- getting help
- talking about mental health
- coping and resilience
- supporting others

## Structure:

approx. 1 hour lecture... or let’s say ‘talk’  
opportunity for group discussion  
worksheets and activities available for some  
Q + A after

# Workshops

## What are they?

They're informative like our presentations, but more hands-on and interactive. They involve group discussions, activities, exercises, etc. Kind of like our programs, just condensed. These take all the important information and put it into a workshop of a couple hours. And you won't just be sitting there listening, you'll be DOING. Sounds fun, right? Our workshops are not just for students in the classroom, they are for adults in the workplace, and just about any group of individuals in any setting.

***Think: presentation + interactive activities = workshop***

### Workshop Topics:

- how to feel better right now
- reducing stress and coping
- self-love and self-esteem
- mindfulness
- resilience
- talking about mental health and getting help
- supporting someone
- CBT
- DBT

## Structure:

approx. 1-2 hours (depends on how many topics are covered and how many participants)

always involve group discussion

worksheets and activities to be done during that time

resources to be taken home (and encouraged to be used in the future)

Q + A after

# Programs

## What are they?

Think of our workshops and presentations, combine them together and then have them every week for a certain number of weeks. That's what our programs are like. They're for individuals who want to learn a lot about a certain topic and be in a group setting with other like-minded and awesome individuals. They are a great learning opportunity and they best way to really get something out of our material. We go over things, learn things, and practice things we just don't have time for in the presentations and workshops. It's like a course, but one you'll LOVE and don't want to end. And no tests or assignments! (but you could definitely benefit from doing some of this work at home and applying it to your everyday life)

***Think: presentation + workshop x # of weeks = program***

### Program Topics:

- taking care of your mental health
- supporting someone with a mental illness
- living with a mental illness: coping and getting help
- talking about mental health + stigma reduction
- mental illness 101: crash course

### Structure:

weekly meetings for x number of hours and y amount of weeks (it all depends)  
same people every week, same facilitator(s) every week  
and same place, too

# Events + Pop-ups

## What are they?

It totally depends. They're all different so you'll just have to stay tuned. But we promise they will all be great. To see what's going on next in terms of events, check out our website ([www.yourmindmatters.ca](http://www.yourmindmatters.ca)) and our Instagram page ([@yourmindmattersorg](https://www.instagram.com/yourmindmattersorg)).

*Have an idea for an event? Want to sponsor one? Looking to collaborate?*

e-mail [vanessa@yourmindmatters.ca](mailto:vanessa@yourmindmatters.ca) expressing your interest and let us know what you're thinking.

We can't wait to hear from you!

# Fundraising

## What are they?

You know, those things that ask for money so we can do AWESOME things with it, like improve mental health resources and support for local youth. I mean, how could you deny such a cause of your funds? We try our best to make our fundraising efforts fun and exciting, always ensuring that YOU benefit from it too. This way, it's win-win. Stay tuned about our fundraisers and initiatives on our website ([www.yourmindmatters.ca](http://www.yourmindmatters.ca)) and our Instagram page (@yourmindmattersorg).

***All good things require time (and sometimes \$\$\$).***

What your \$ will go towards:

- developing resources
- running presentations, workshops, programs, events, etc.
- creating new and improved media educational content
- future projects (stay tuned)

**Thank you for supporting youth mental health and allowing us to transform the mental health landscape.**

# What's next?

## Where's this thing going?

The ultimate goal of *Your Mind Matters* is to provide **education, awareness and support for youth mental health and mental illness**. In the future, we only hope that this mission grows and is able to reach larger audiences and ultimately help more people.

The hope of this organization is that one day, we can open a **mental health centre for youth**, where they can access education, resources, tools and support for mental illness. The goal is to have enough funds and a large enough network to be able to gather mental health professionals and other experts all under one roof, and subsidize the cost of mental health care and therapy so that many young people can access the kind of support that would otherwise not be accessible to them. We realize this is a big dream that will take a lot of work and a lot of effort (and a lot of \$), but it is something incredibly worthwhile and essential. *We need this*. The amount of lives that would be changed as a result of this kind of space is colossal.

We're starting small, but hoping to work our way toward providing more individuals with information, resources and support. Far too many youth struggle (20%) and not nearly enough are getting the proper support (only 1 in 5 get help). This is not okay. *Your Mind Matters* hopes to change this. Slowly but surely, we notice a shift in the culture surrounding mental health and can only hope it continues along this trajectory.

**Thank you** for being part of our mental health revolution. None of this would be possible without your support. *The future is looking bright.*

# Follow us

## YOUR MIND MATTERS

SCIENCE ~~STIGMA~~ SUPPORT

A nonprofit organization for youth mental health awareness, education and support.



[www.yourmindmatters.ca](http://www.yourmindmatters.ca)

 @yourmindmattersorg

 @ymmorg

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