

# Mental Well-Being

A HEALTH CRISIS FACING MANY OF OUR STUDENTS  
TODAY.

**How Many  
Students Struggle  
With Mental Well-  
Being?**

According to Statistics Canada an estimated 10 to 20 percent of Canadian youth face some mental illness or disorder. This can include, depression, anxiety, schizophrenia etc...

**How To Tell If  
Someone You Know  
Is Dealing With a  
Mental Disorder?**

Extreme mood changes of highs and lows  
Withdrawal from friends and activities  
Significant tiredness, low energy or problems sleeping  
Detachment from reality (delusions), paranoia or hallucinations  
Alcohol or drug abuse  
Excessive anger, hostility or violence  
Suicidal thinking.  
The signs stated above are just some of the signs, if you are worried please contact a professional

**How Should This Be  
Dealt With?**

Tell a trusted adult, whether its a parent , guidance counsellor or a professional. From there they will help the person get the help they need. Resources shown on the other side.

# Resources

## At Lockerby:

Lockerby Composite has an amazing guidance department with many trustworthy adults willing to lend a helping hand. Guidance counsellors named below. They are available everyday, upon request or just drop in.

Mr.Green, Ms.Baggs, Mrs. Beaudry, Ms. Bilodeau and  
Social Worker: Dan Watson. (His schedule can be  
requested in guidance)

## Outside of School:

- Crisis Intervention Services - (705)-675-4760  
Located at 127 Cedar Street, Open from 8:30 am to 10:00 pm
- Kids Help Phone - 1-(800)-668-6868  
Open to calls 24 hours and 7 days a week. All calls made are kept completely confidential.
- Mood Disorders Association of Ontario  
888-486-8236  
9:30 a.m. to 5 p.m. EST, Monday to Friday  
<http://moooddisorders.ca>

If you are concerned about anyone's mental health please contact one of the many resources named above.