



YCDSB
INTERNATIONAL
EDUCATION
PROGRAM

Mental Health Presentation

Prioritizing Mental Health for a Healthier You



Start Slide





Prioritizing Mental Health

Why It Matters

Mental health matters because it affects every aspect of our lives, especially for teenagers navigating the challenges of growing up.

For international students, this importance is amplified as you face unique pressures—being far from home, adapting to a new culture, and managing academic expectations. Good mental health helps you cope with stress, build healthy relationships, and make positive decisions. It's crucial to prioritize your mental well-being so you can thrive both personally and academically.

Remember, seeking help when you need it is a sign of strength, not weakness.





Signs of Poor Mental Health

Common Symptoms and Causes

Signs of poor mental health can vary, but some common indicators include:

- **Persistent Sadness or Irritability:** Feeling down, hopeless, or unusually angry for an extended period.
- **Withdrawal:** Avoiding friends, family, and activities you once enjoyed.
- **Changes in Sleep or Appetite:** Sleeping too much or too little, or significant changes in eating habits.
- **Difficulty Concentrating:** Trouble focusing on schoolwork, remembering things, or making decisions.
- **Loss of Energy:** Feeling constantly tired, even with adequate sleep.
- **Thoughts of Self-Harm or Suicide:** If you or someone you know is having these thoughts, it's crucial to seek help immediately.



Recognizing these signs early can lead to *getting the support needed* to improve mental health and well-being.



Overcoming the Stigma of Mental Health

Creating a Supportive Community





Taking Charge of Your Mental Health

Try These Self-Care Practices

MENTAL HEALTH





When You Need Help

Mental Health Supports are Available!

If you need to talk to a caring adult like a parent or guardian, visit the Guidance Department, your Vice Principal, the Chaplain, or a trusted teacher to let them know you need help.

Also, you can always contact the **principal of International Education** by emailing her at cynthia.anniballi@ycdsbk12.ca



01

YCDSB's Mental Health Resource List

See a complete [list of resources](#) compiled by YCDSB's Mental Health Team. Here you can also find resources that are specifically designed for diverse racial, religious, and cultural groups.

02

Youth Mental Health Canada

Offers a list of [crisis supports](#) throughout Canada and the province of Ontario.

03

Suicide Prevention

If you are in Canada and you're in crisis or worried about someone who is, you can call or text [9-8-8](#), 24 hours a day, 7 days a week.

See: [What to expect when you call/text?](#)

04

School Mental Health Ontario

Practical resources to support student mental health and well-being can be found at <https://smho-smso.ca/> If you have a friend that is struggling, check out the section entitled "Help a Friend" under the *Students* tab.

05

Kids Help Phone

If you are under the age of 18, and need to talk, Kids Help Phone offers 24/7 text service that does not need a data plan, internet connection or an app to use it. [Text CONNECT](#) or call [1-800-668-6868](#).



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“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them—every day begin the task anew.”

–Saint Francis de Sales



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