

# Mental Health and Wellness Newsletter

## AnxietyBC

AnxietyBC™ is a Canadian leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. It has produced over 50 videos on YouTube and actively promotes dialogue and exchanges information on anxiety and anxiety disorders via its Facebook page. In 2013, AnxietyBC launched the Mindshift app which helps youth and young adults manage anxiety, using step-by-step strategies.

**MindShift App:** <http://www.anxietybc.com/resources/mindshift-app>

**Teacher Resources:** <http://www.anxietybc.com/educators>

**Parenting Resources:**

<http://www.anxietybc.com/parenting/parent-child>

**Youth Resources:**

<http://youth.anxietybc.com/>

## Mental Health and Wellbeing – Book



### **Open Heart, Open Mind by Clara**

**Hughes** - From one of Canada's most decorated Olympians comes a raw but life-affirming story of one woman's struggle with depression. Told with honesty and passion, *Open Heart, Open Mind* is Clara's personal journey through physical and mental pain to a life where love and understanding can thrive. This revelatory and inspiring story will touch the hearts of all Canadians.

## Mental Health Resources

Looking for information about mental health, and where to find help? **eMentalHealth.ca** is website that provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year. eMentalHealth.ca is a non-profit initiative of the Children's Hospital of Eastern Ontario (CHEO). [www.eMentalHealth.ca](http://www.eMentalHealth.ca)

## How Can Parents Help Their Kids When They Feel Stressed

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- Spending time with your kids is the most important thing you can do. Listen to them when they talk to you. Try to understand how they feel.

- We all need love and affection. Show your children that you love them, with words, hugs, and kisses.

- Do things with your children. It will help them to feel that they belong in the family. There are lots of things you can do as a family. Exercise is a great way to burn off stress. So make exercise part of your family life. Play ball or other games. Go for walks. Eat meals together. Talk. Share ideas, fun, and how you feel about things.

- Sometimes the best cure for stress is just to have some quiet time. Kids need some time on their own. Listening to music, reading, or playing quietly may help them feel better. Doing nothing is fine too!

(Source: Kids Have Stress Too! Handout)

### **Mental Health Walk-in Clinics:**

#### **Phoenix & ATS 613-735-2374**

Pembroke – Tues. 2-7 pm

Renfrew – Thurs. 2-7 pm

Arnprior – Wed. 2-7pm

Petawawa – Wed. 2-7 pm

#### **Robbie Dean Centre 613-433-4231**

Pembroke – Wed. 3-7pm

Renfrew – 3-7pm

Petawawa – Tues. 1-5 pm

Arnprior – By Telephone

Eganville – Mon. 1-5pm