

_04KOQ_359889_2.50 x 3.50_1PG_CoverCard_Adults_2020-04-07_17-43.pdf;1



If you or someone you know was in crisis and needed help, who could you call for help?

- a) Crisis Response Team (780–342–7777)
- b) Distress Line 780–482–HELP (4357)
- c) 911
- d) 211
- e) All of the above

ANSWER: All of the above. If someone is in immediate danger to themselves or others, call 911. If they are in distress, call the distress line or the crisis response team. 211 is also a good resource if you are not sure who to call. **TRUE OR FALSE:** Our buildings, parks, roads and neighbourhoods have an impact on our physical health, but have no effect on our mental health.

Answer: False. Our city can be designed to support mental health including providing access to green space, public gathering space, and safe spaces to interact with other community members.



TRUE OR FALSE: You can have many friends and be lonely, or no friends and not be lonely.

Answer: True. Loneliness is a feeling. Someone may be surrounded by people but still feel lonely.



TRUE OR FALSE: Social isolation is as bad for your health as smoking 15 cigarettes a day.

Answer: True. Social isolation has also been shown to be worse for our health than other well known risk factors such as obesity and high blood pressure.



In a year, how many Canadians will experience a mental health problem?

- a) 1 in 3
- b) 1 in 7
- c) 1 in 5
- d) None of the above

Answer: c) 1 in 5

TRUE OR FALSE: People with mental illness are violent and dangerous?

Answer: False. As a group, people who have a mental illness are no more violent than any other group and are actually more likely to be victims of violence.



Which one of these statements is best and why?

- a) John is going crazy
- b) John is a psycho
- c) John is mentally ill
- d) John is living with a mental illness

Answer: d) "John is living with a mental illness" (or John has a mental illness) is the best language to use because it shows that John is more than just his mental illness.



TRUE OR FALSE: Social media can provide a social support network?

Answer: True. Social media can play a role in connecting people and providing supports, but does not replace in-person relationships. Inperson contact is essential for our social, mental and physical health.

THINK

Can you say "hello" in a different language?



TRUE OR FALSE: Anorexia nervosa and bulimia are mental illnesses

Answer: True. These are eating disorders where food issues mask mental health problems



Post-traumatic stress disorder is:

- a) A one-time reaction to a very difficult experience
- b) A recurring anxiety disorder resulting from exposure to a traumatic event

Answer: b)



Depression is:

- a) Sadness or disappointment
- b) Feeling sad, worthless, hopeless, guilty, or anxious much of the time, losing interest in things you used to enjoy and withdrawing from others
- c) Feeling "blue" because of a bad day or the weather

Answer: b)

TRUE OR FALSE: You should never ask someone who is depressed if they are thinking of suicide

Answer: False. Asking someone if they are considering suicide will not cause a person to attempt suicide



What does stigma refer to?

- a) Negative attitudes and behavior toward people with substance use or mental health problems
- b) Thinking that people with addictions caused their own problems and they should just quit
- c) Excluding people from opportunities because of a mental health issue
- d) All of the above

Answer: d) All of the above

TRUE OR FALSE: Being resilient means you don't feel worried or stressed during tough times

Answer: False. Being resilient doesn't mean you won't feel stressed, but it may mean you are more likely to cope with stressful situations in healthy ways



Who is most likely to suffer from mental illness?

- a) Poor, uneducated people
- b) People with stressful jobs
- c) Seniors
- d) None of the above

Answer: d)

Anyone, regardless of intelligence, social class or income level may experience a mental health issue.

THINK

SAD stands for:

- a) Seasonal Affective Disorder
- b) It is a short form for 'sadness'
- c) Simple Anxiety Defect

Answer: a)

Seasonal Affective Disorder is a type of depression that follows a seasonal pattern

THINK



Think of someone in your life who you think might be feeling lonely. What is one thing you can do the next time you see this person to help?



Does your neighbourhood have block parties? If not, would you like to have one? If yes, what do you like about them?



Get together with a friend and come up with some of your own ideas on how you might make your neighbourhood more welcoming.



Invite your neighbours to walk around the block or come outdoors to play a game in your local greenspace.



Have you met your neighbours? Say hi the next time you see them and introduce yourself.



Have you tried getting around by an active mode of transport (bike, walk, longboard)?

If yes, what did you like about it?

If no, why not? Would you consider giving it a try?



Is there a senior centre in your area of the city? Try volunteering there or at another local facility.



THIS IS FOR EVERYONE!

Ten jumping jacks! Or 20 air punches



Everyone take a moment, close your eyes and take three deep breaths



Take a moment to stretch! Whatever has you feeling tense, stretch it out!



Ten squats or ten leg raises if sitting



Is there a senior in your neighbourhood that could use help shoveling their driveway or mowing their lawn? **OFFER TO HELP!**



Ask a senior in your neighbourhood what their hobbies are. You may be surprised at what you have in common.



If you or someone you know was looking for an opportunity to connect with others, where could they go?

(Examples: Community League, school, seniors centre, volunteer, community centre)



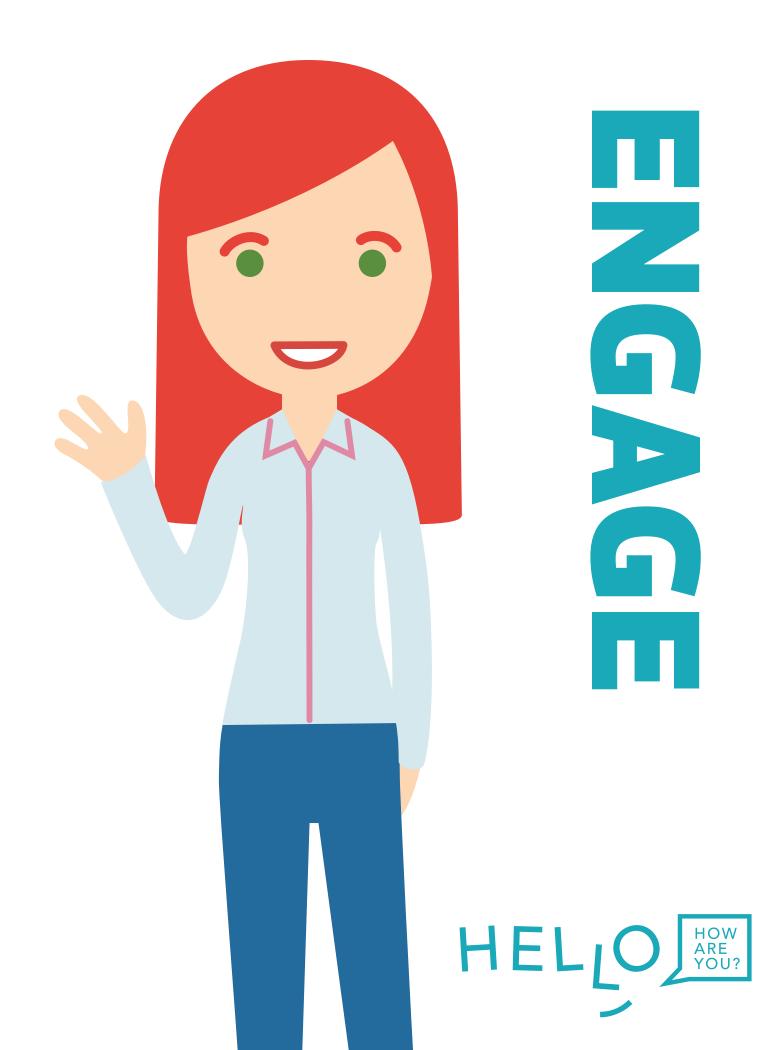
Who makes up your support network? (Example: friends, family, neighbours, social group, community agency) How do you let these people know that you appreciate their support?



Practice good self-care.

What is one thing you can do today or this evening to care for your mental wellness?





What is one thing you should do this week and one thing you want to do this week?

What are three words a friend would use to best describe your personality?

What's your biggest pet peeve?



What makes you smile?



What is your favorite book, movie, or t.v. show and why?



What do you do to relax?



What is your favorite place to visit in Edmonton?



If you could do any job of your choosing, what would it be and why?

What is one subject you want to know more about?



What is your favorite thing to do on a sunny day?



If you could change one thing in the world what would it be?



If you could transport yourself into the past, where would you go?

What is one of the nicest things someone has done for you?

What do you wish you did more of?



What skill, talent or accomplishment are you most proud of?



Share a time, when someone said or did something that made your day better.

What do you think makes a great neighbour?



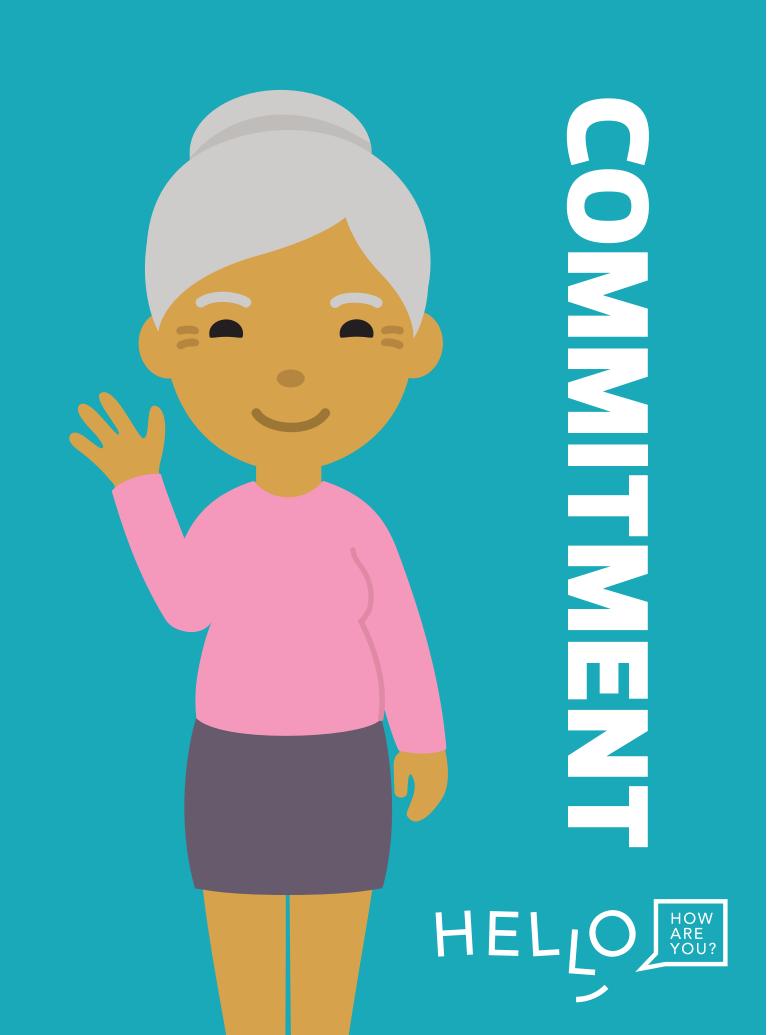
Are you a friendly neighbour? How?



What is the best way to start your day?



Name an activity or place that you go when you are feeling overwhelmed or stressed.



Use the blank space to write down one action you drew for a take-away.

COMMITMENT

GAME TOKENS

