

# MENTAL HEALTH & YOUTH



## TALK TO YOUR KIDS

Ask open ended questions  
Listen reflectively  
Affirm feelings  
Summarize



- What was the best part of your day?
- Is there something that you would change?
- What do you enjoy doing by yourself?
- What is your favorite song and why?

## WHAT CAN YOU DO?

### Thrive 5

Promote a healthy mind by reviewing the 5 factors linked to positive mental health

### Protective Factors

These factors improve resiliency, which will assist in mitigating risk factors



Look



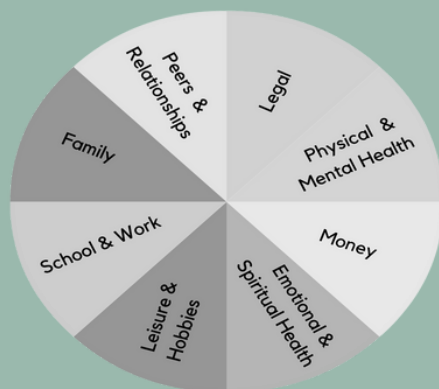
Listen



Describe

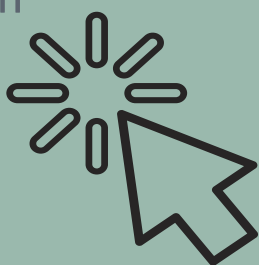
### Major Life Area's Wheel

Is your wheel in balance? Review the 8 major areas that make up the wheel and evaluate if something is negatively impacting your life



## CHECK THIS OUT...

Mental Health Collaborative  
The Adolescent Brain  
Anxiety Canada  
Centre for ADHD  
AHS - Youth Substance Use



## WHERE TO GO?

AHS Youth Services- 403.297.4664  
AHS Adult Services- 403.297.3071  
Alberta Resources- 211  
Health Link- 811  
Access Mental Health- 403.943.1500

