

Some common signs and symptoms of anxiety and depression:

stomach aches • headaches
unable to sleep • sleeping too much
crying more easily • can't eat
unsettled stomach • heart pounding
trouble breathing • missing school
withdrawing from friends and family
severe mood swings • angry outbursts
repeated use of alcohol or drugs
self-harm • trouble concentrating
feeling overwhelmed

1 in 3 students

in grades 7-12

are reporting moderate to severe levels of

emotional distress, anxiety or depression

Helping students cope with stress, anxiety and depression

Each year, the back-to-school time for BC children and youth is full of activity, expectations, excitement — and for some — stress, anxiety and even depression. Recent Canadian research shows that 1 in 3 students in grades 7 to 12 are reporting moderate to severe levels of emotional distress, particularly anxiety and depression.

Help is available. This sheet has been created by BC mental health experts, with youth input, in order to share information with youth and families on common signs and symptoms, what can help, and how to find support.

A few simple things that can help

- talk to others
- healthy food
- regular mealtimes
- bedtime routine
- simplify schedule
- fun exercise
- limit screen time
- yoga
- breathing exercises
- journal emotions
- no phone or computer in bed

BC RESOURCES *Information, support, tips and techniques can be found on many BC websites. Free mental health and relaxation apps can also be downloaded for phones. A few to visit include:*

Kids Help Phone: [1-800-668-6868](tel:1-800-668-6868); kidshelpphone.ca

FREE, confidential, 24/7 telephone counselling service for youth anywhere in the country.

Here to help: heretohelp.bc.ca Information, support and links, created by seven leading BC mental health and addictions agencies, to help people prevent, manage and live with mental health and substance use problems.

Mind Check: Mindcheck.ca A youth-focused, interactive, BC website with quizzes, self-help tools and links to web resources and professional help in BC.

Kelty Mental Health Resource Centre: keltymentalhealth.ca Offers information, resources, peer support, and more. Their "Help Finder" tool helps you navigate the mental BC health system.

Anxiety BC Youth site: youth.anxietybc.com Teen-friendly interactive site with lots of helpful information, videos, tips, and more; aiming to provide "resources, results, relief" for anxious youth.

Youth in BC Chat Line: youthinkbc.ca An online resource where youth in distress can have a real-time online chat with a trained volunteer, from noon to 1 am daily.

For youth in crisis or with suicidal thoughts: call the BC youth crisis line **1-800-SUICIDE (1-800-784-2433)**, or go to the Emergency Department of your nearest hospital.

"It may feel really scary at first to tell someone how you're feeling, but it can really help."

Youth with anxiety

This poster is a product of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative (a partnership of Doctors of BC and the BC government), with the support of the BC School Superintendents Association.