

Teen Talk's "Mind Matters" Game

Note to Facilitators:

This activity requires the facilitator to have a basic understanding of the mental health issues that affect youth. For more information on mental health, check out the Mental Health chapter of the Teen Talk Service Provider Manual.

Goal:

- To have fun while educating, linking youth to local resources and reinforcing information learned about coping, wellness and various mental illnesses.

Have Ready:

- Mind Matters questions and answers.
- Mind Matters game board (see example on the following page).
- Prize(s) for winning team (optional).

Instructions:

- This game is meant to reinforce mental health information that has already been covered.
- Divide the group into two teams and have them choose team names.
- The teams will take turns choosing a category and points value, and answering a question.
- Keep score on a chalk/white board.
- Encourage each team to huddle and work together to come up with the correct answer.
- There is no need to ask every question, the game can be as brief or extended as needed.
- At Teen Talk we try to play a "Final Jeopardy" round where each team chooses an amount of points to wager, see below for final Jeopardy questions.

MIND MATTERS GAME

Coping

Resources

Wild Card

Wellness

100

100

100

100

200

200

200

200

300

300

300

300

Mind Matters Game Questions

Coping Questions

100

Q - What are 4 things a person can do to get themselves through a hard time?

A - Do things they like, talk to someone they trust, get their body moving (i.e. sports, walking, dancing, swimming etc.), eat yummy foods, get lots of rest.

Q - How can we support a friend?

A - Listen to them without judgment and believe what they are saying, ask them who else they feel comfortable talking to, go with them to a counsellor/teen clinic/hospital/Elder/etc., stay with them while they call a crisis line.

200

Q - Name two things you could say if you called a help line.

A - I'm having a hard time, I need to talk to somebody, Today was really tough, I'm not sure what to say, I need help, I need someone to listen, Hello... etc.

Q - Name 5 things someone can do to reduce their stress?

A - Talk to someone you trust; a friend, family member, Elder, teacher, counsellor, or crisis line. Hang out with friends, cry, laugh and get or give hugs, do something creative, draw, paint, or play music, talk to people/have conversations, write down your feelings in a letter, journal, blog, or diary, get information (medical doctor, Elder, spiritual leader, web, etc.), or pretty much anything else they say.

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Q - How can talking to someone you trust about stress or difficult times be helpful? Give two reasons.

A - Process what's going on i.e. share your feelings, work out what's bothering you and explore what you can do about it. It can help make you feel better, not feel alone, feel cared for, create a connection between two people, and help reduce stigma.

Resources Questions

100

Q - Name a website or an app where you can get accurate information on mental health?

A -

- teentalk.ca
- kidshelpphone.ca
- stopbreaththink.org and the Stop Breath Think App
- stresshacks.ca
- reasontolive.ca

Can also mention:

- Canadian Mental Health Association (www.cmha.ca)
- Calminthestormapp.ca and Calm in the Storm App
- MB Farm, Rural & Northern Support Services

Q - Name a phone line that is open 24/7 that you can call if you need to talk to someone?

A -

- Klinik Crisis Line 1.888.322.3019 or 204.786.8686
- Manitoba Suicide Prevention & Support Line 1.877.435.7170
- Kids Help Phone 1.800.668.6868
- Manitoba Farm, Rural & Northern Support Services 1.866.367.3276
- Sexual Assault Crisis Line 1.888.292.7565

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Q - Name 4 places where can you get accurate information if you think you or a friend might have a mental illness or is in crisis?

A -

- Guidance counsellor
- Klinik Crisis Line 1.888.322.3019 or 204.786.8686
- Mental health worker
- Manitoba Suicide Prevention & Support Line: 1.877.435.7170
- Trusted website, i.e. **reasontolive.ca**
- Doctor

Q - Name three things you should ask a pharmacist or doctor about when getting prescribed medication for a mental health issue or illness:

A -

- What are the side effects?
- Why am I taking this?
- Are there any alternatives to taking this medication?
- Is this the lowest dose I can take for it to be effective?
- What are the expected results?
- If I take drugs/alcohol or another medication while on this prescription, what will happen?
- How long should I take it for?
- Will it make my birth control pill less effective?
- What should I do if I miss a dose?
- How often should I take it?
- What time of the day should I take this?

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Q - Why may a support group be helpful? (Support groups exist for a variety of topics and are pretty easy to join, assuming there is one close by. They usually are run by groups of people dealing with a particular topic who sit together for a period of time and share their experiences.)

A -

- To get information.
- To not be alone and have a sense of belonging.
- Gives people a chance to share their experiences of struggle and recovery which may help people learn to cope better.
- Might give someone a sense of purpose or something to do.
- (They are usually free. Contact local health centres, community associations or the nursing station to find out what groups are running in your area).

Q - Name 5 things that could give someone inner strength.

A - Anyone you trust and who you know will help you through hard times, a role model, friend, family, partner, Elder, etc. Something that is a positive force in their lives, employment, nature, school, art, working out, helping others, cultural or spiritual practices, etc.

Wild Card Questions

100

Q - How are people with schizophrenia usually shown on T.V., in the news or movies? And what is the problem with that?

A - Often shows as violent, dangerous, low IQ, or with multiple personalities. All reinforce fear based stereotypes that make it harder for anyone dealing with schizophrenia to get help. In reality people living with a mental illness are at a greater risk of harming themselves.

Q - Demi Lovato lives with what mental illness?

A - Bipolar disorder. She is an advocate working to reduce stigma by speaking openly about mental illness and the importance of mental health.

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Q - It is okay to ask a friend if they are thinking about suicide. Name two reasons why.

A - It shows that we care; that we noticed and are worried about our friend. Extends a hand so they are not alone; may break isolation. Allows person to talk about what is going on which is the first step to getting help.

Q - Why are eating disorders considered a mental illness?

A - Eating disorders cause someone to obsess about perceived flaws in their appearance or prevent them from listening to their body when it's hungry, full or injured from over-exercise. Like other mental illnesses, eating disorders require treatment and may require support from friends and family.

(For help with an eating disorder contact Health Science Centre's Child and Adolescent Eating Disorders Program 204.787.7218 located at 771 Bannatyne Ave in Wpg).

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Q - Name a reason for each: Why would a person want a mental health diagnosis? Why would a person not want a mental health diagnosis?

A - May make it easier to access info, resources, treatment and connect with other people. Don't want the label or the treatment, because of stigma. We get to decide for ourselves whether or not we seek out a diagnosis. Either way we deserve to be treated with respect.

Q - How can you support a friend that maybe in crisis? Name 2 things.

A - Listen to them without judging their feelings, give them information (like helpline numbers) that might be useful, go with them to speak to a counsellor, teacher, doctor (someone they trust). If they are thinking of attempting suicide right now, go with them to a hospital emergency department, call a crisis line or even the police (RCMP) to keep them safe.

Wellness Questions

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Q - Why is taking care of our physical, emotional and spiritual health important?

A - Because they greatly affect our mental health and all areas of our health are interconnected. Striving for balance and wellness means paying attention to all aspects of our health, including our sexual health too!

Q - Name one thing you can do today to feel good about yourself?

A -

- Compliment yourself
- Eat food we love
- Talk to someone who cares
- Treat yourself
- Try something we've always wanted to
- Move our body in ways that feel good
- Hangout with positive people in our life
- Etc...

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Q - Why is it important to make time for ourselves and have fun?

A - Gives us a break so we can reenergize, helps us cope when times are harder, releases endorphins (happy hormones), reduces stress, feels good.

Q - Why are things like hobbies, sports, music and art good for our well being?

A - Provides an outlet for our feelings, thoughts and our physical stress; they can help us process, reflect on and work through what's going on in our life; self expression can make us feel good about ourselves.

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Q - Demonstrate Balloon Breathing and explain when you would use it?

A - Put hands out in front a few inches apart. On a count of three, imagine that you are inflating a balloon while inhaling through your nose. On the next count of three, deflate the balloon by slowly exhaling through your mouth. Repeat. This calming activity can be used anytime! Breathing deeply is a helpful way to start the day, keep us feeling good, calm us down or help us feel better and relax throughout the day or night.

FINAL BONUS QUESTION

Q - When supporting a friend it is important to be non-judgmental. Give two reasons why.

A -

- Being non-judgmental is respectful and can help the person feel safe talking about hard things.
- It helps create a connection which is important in a helping relationship.
- It can be really hard for someone to ask for help because of the stigma around mental illness and mental health issues. Being non-judgmental helps break down the stigma.
- It makes it more likely the person needing help will ask for help again if they ever need it.