



WHAT DO YOU THINK ABOUT MENTAL HEALTH?

You might feel uncomfortable, or think it's something negative or bad. But we ALL experience it...so let's talk about it!

CULTURAL STIGMAS

For some individuals, cultures or communities, mental health is a taboo topic. People may think it's bad to talk about it. If you feel that way, you're not alone. Everyone can be affected by mental health challenges.

Sometimes people have other ways of talking about (or expressing) their mental/emotional struggles. They may say "I'm just tired." or "I can't concentrate." or "I am confused or stressed."



CONFUSION

Sometimes people say "mental health" when what they really mean is "mental illness" (the opposite of health and wellbeing) or "mental/emotional distress". This may be confusing.

Many people are afraid to talk about how they feel mentally and emotionally, in case someone else finds out and thinks they're bad, sick, unable to work or be a good parent, or should be institutionalized.

Most people struggling with mental/emotional distress just need a bit of extra support, and many supports are available - without even leaving home.

In Canada, the healthcare system works hard to protect people's privacy and confidentiality, so health information stays safe and private.

HOW TO TALK ABOUT MENTAL HEALTH

Some people think "mental health" is bad. That is why it might be easier to use different words like [mental and emotional wellness](#) or other words to describe the way people feel, in their minds (mentally) and hearts (emotionally).

EVERYONE struggles to feel well sometimes. So there's no need to feel ashamed or afraid to talk about it with those you trust.



MENTAL HEALTH MATTERS

We know that how we feel in our minds and hearts also relates to how we feel in our bodies, and can have big impacts on our physical health, relationships and other aspects of our life (school, work, faith, etc.).

Because mental and emotional wellness can affect so much of our lives, it is important to talk about it with people you can trust.



WHO CAN YOU TRUST?

This can be different for everyone but your trusted supports may be family, friends, teachers or coaches, religious and community leaders or healthcare professionals.

WHO CAN YOU TALK TO ABOUT MENTAL AND EMOTIONAL WELLNESS?



You may have trusted support including family, a friend group or community with whom you feel safe talking about mental and emotional wellness. If so, that's great! Please reach out to them for support!



If you don't have trusted support, or need more...

If you don't already have someone to talk to, or if you're not sure who to talk to, or you just want more support, you may find FREE and helpful support services listed below.

MENTAL AND EMOTIONAL WELLNESS SUPPORTS

Phone/Text Supports:

- Healthline 811: Phone 811 or 1-877-800-0002
- Regina Crisis Line (Suicide Prevention): 306-525-5333
- Mobile Crisis Services Regina: Phone 306-757-0127 or email ecounselling@mcsregina.ca
- Wellness Together Canada: text WELLNESS to 741741 (adults) / 686868 (youth); or phone 1-866-585-0445
- Kids Help Phone: Call 1-800-668-6868, or text TALK to 686868
- Naseeha Youth Helpline: 1-866-627-3342

Online Supports:

- Rapid Access Counselling: book at www.counsellingconnectsask.ca or call CFS or FSR, below.
- Online Therapy Unit, University of Regina: <https://onlinetherapyuser.ca/>

In-Person Supports:

- Catholic Family Services (CFS) Regina: Call 306-525-0521 or email cfsregina@cfsregina.ca
- Family Service Regina (FSR): Call 306-757-6675 or email info@familyserviceregina.com
- Regina Immigrant Women Centre (RIWC): Call 306-359-6514 or email info@reginaiwcc.ca
- Regina Open Door Society (RODS): Call 306-352-3500

The content in this handout was developed by the RRLIP's Mental and Emotional Wellness Working Group, in collaboration with the Immigrant Advisory Table. Contact: 306-529-6505, info@rrlip.ca or visit www.rrlip.ca