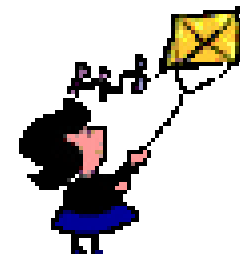


My journey through life

ME



My feelings

What is a feeling: it is an emotion inside of us that makes us feel good or bad. We don't always like to talk about them but it help us to feel better.

- Happy: I am happy when
- Sad: I am sad when
- Angry: I am angry when
- Fear: I have fear when
- Love: I feel love when
- Nervous: I feel nervous when



Mood questionnaire

When I feel unhappy what do I do:

- ❖ I spend more time alone
- ❖ I am depressed
- ❖ I am less active
- ❖ I cry
- ❖ I get angry
- ❖ I run away
- ❖ I use drugs or alcohol
- ❖ I want to kill myself



What do I do when I am happy

- ❖ I feel great
- ❖ I do well in school
- ❖ I have fun with my friends
- ❖ I laugh with my family
- ❖ I do my favorite hobby
- ❖ I sing or dance



Did I ever felt so sad to the point of:

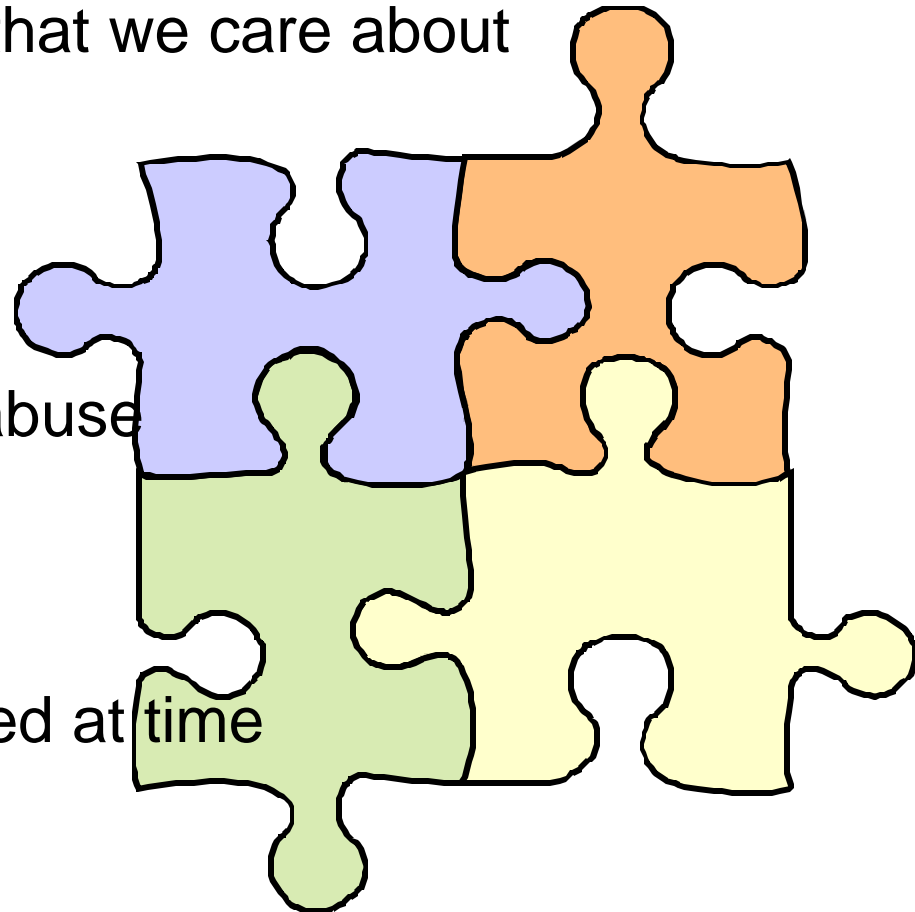
- ❖ Wanting to hurt people around me
- ❖ Drinking more or using drugs
- ❖ Hurting myself
- ❖ Running away
- ❖ Dying by suicide



Life challenges

- ❖ Separation of parents
- ❖ Death of parents or people that we care about
- ❖ Suicide
- ❖ Trouble with friends
- ❖ Bullying
- ❖ Alcohol and drug problems
- ❖ Sexual/emotional/physical abuse
- ❖ No place to stay

It is normal to feel overwhelmed at time



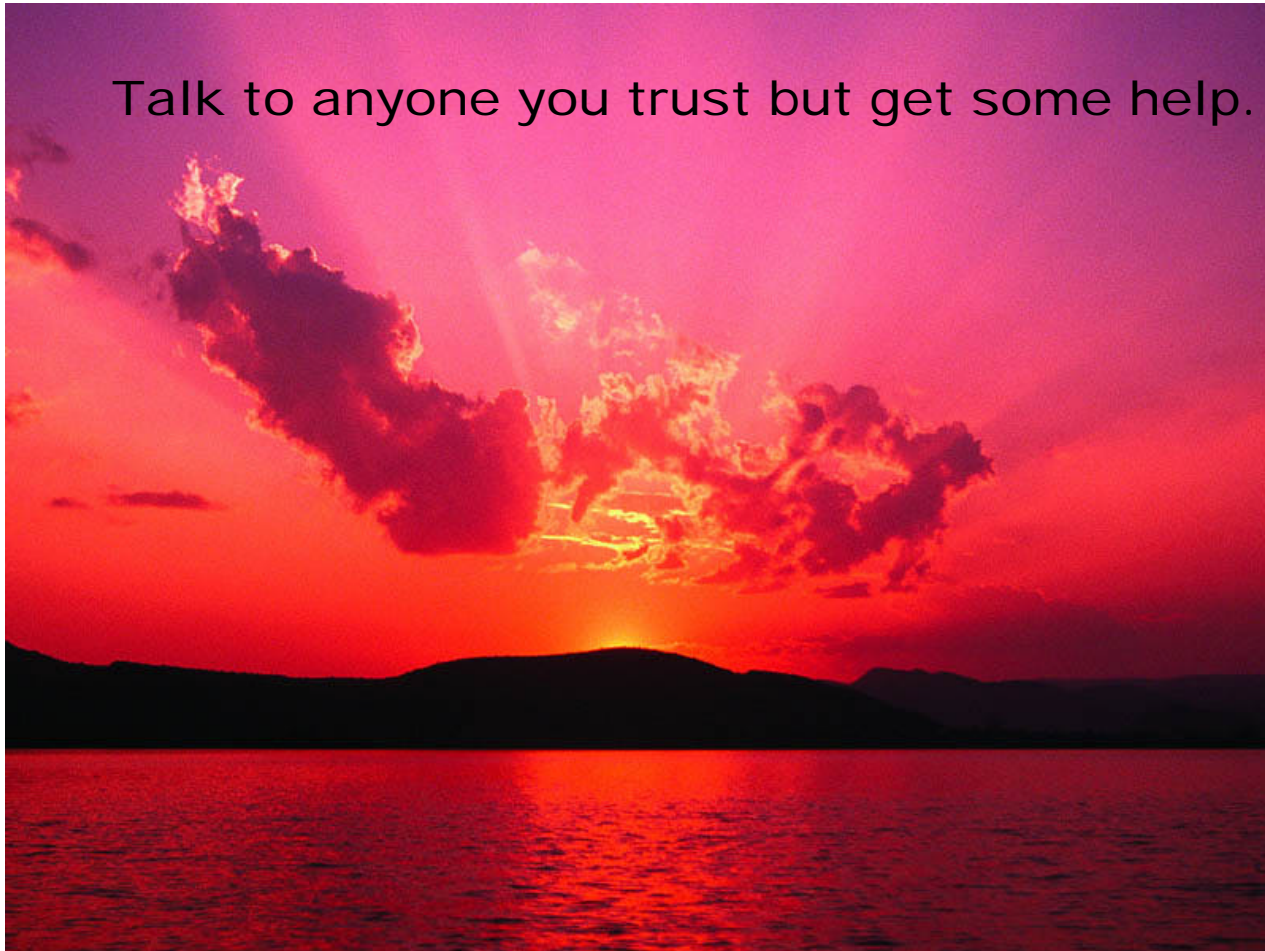
Where to go for help

- ❖ Talk to a friend
- ❖ Talk to a parent
- ❖ Talk to an elder
- ❖ Talk to a teacher, doctor, social worker
- ❖ Talk to an adult that you trust
- ❖ Call a helpline
- ❖ Talk to a mental health worker
- ❖ Talk to a police officer
- ❖ Talk to a priest



You are important

Talk to anyone you trust but get some help.



WEB SITES

- ❖ <http://www.virtuelle.ca/robot>
- ❖ <http://www.youthnet.on.ca>
- ❖ <http://www.mheccu.ubc.ca>
- ❖ <http://www.siec.ca>
- ❖ <http://www.vcn.bc.ca>
- ❖ <http://www.suicideinformation.ca>