

## UNDERSTANDING

# Mental Illness & Mental Health

**YOU ARE  
NOT ALONE**

**20%**

of Canadian youth are affected by a mental illness or disorder.

(CMHA)

### ➤ Mental Illness

Refers to a collection of disorders caused by a complex combination of factors.

#### Disorders:

- Depression
- Anxiety Disorders
- Bipolar Disorder
- Eating Disorders

#### Factors:

- Genetic
- Biological
- Personality
- Environmental

### ➤ Mental Health

Refers to a state of well-being. It includes our emotions, thoughts, feelings, and being able to manage daily highs and lows.

### Everyone is impacted in different ways.

- We will all experience mental health challenges in our lifetime.
- We may all be affected by mental illness through our own experiences or experiences of those close to us.
- Systemic barriers and inequalities can worsen mental health and symptoms of mental illness.

### **Mental illness doesn't determine mental health.**

Someone living with a mental illness can experience mental wellness. Just as someone not living with a mental illness can experience mental health challenges.

## Crisis Supports

- Here 24/7 at 1-844-437-3247
- Kids Help Phone at 1-800-668-6868
- Text CONNECT to 686868

## Supporting yourself or a loved one

If you are a youth or parent/caregiver supporting a loved one, call Lutherwood's Front Door at: 519-749-2932 Monday to Friday 8:30 am – 4:30 pm.