

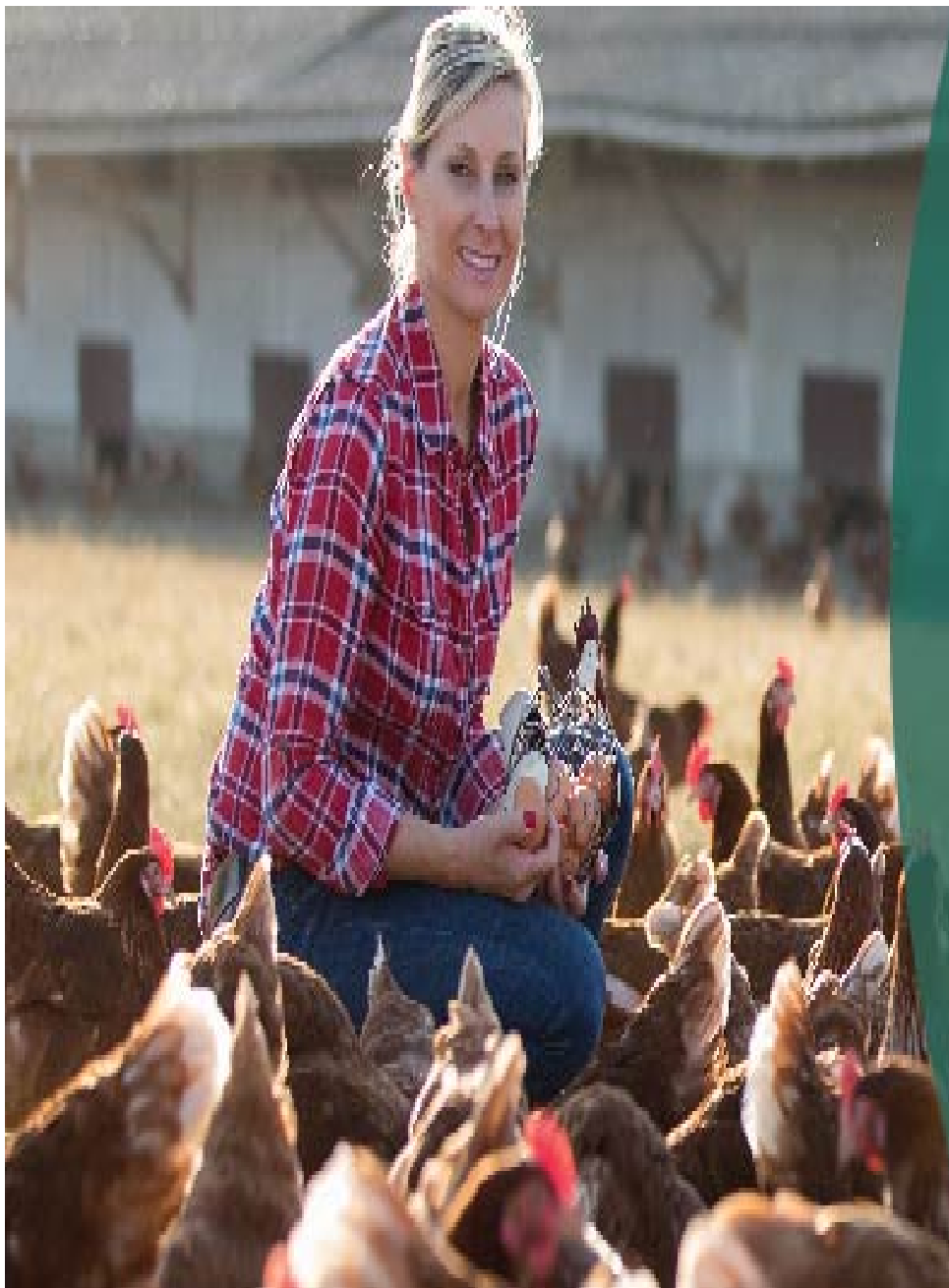


Canadian Mental Health Association  
Grey Bruce  
*Mental Health and Addiction Services*



4-H Ontario





We support Ontario farmers.  
Help is available.

More info at [ontario.cmha.ca/farmersmentalhealth](https://ontario.cmha.ca/farmersmentalhealth).



Canadian Mental  
Health Association  
Ontario

# Who's got mental health?

**Everyone!!**

We all have mental health just like we all have physical health.

People with mental illness also have mental health, just as people with a physical illness also have physical well-being.

# What is Mental Health?

“Mental health is the emotional and spiritual resilience that enables us to *enjoy life and survive pain, disappointment, and sadness.*

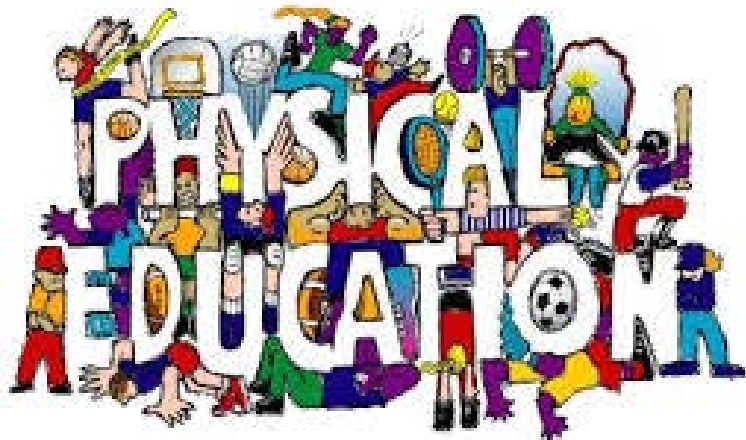
It is a **positive sense of wellbeing** and an underlying belief in our own and other’s self worth.” (*Health Education Authority, UK, 1997*)



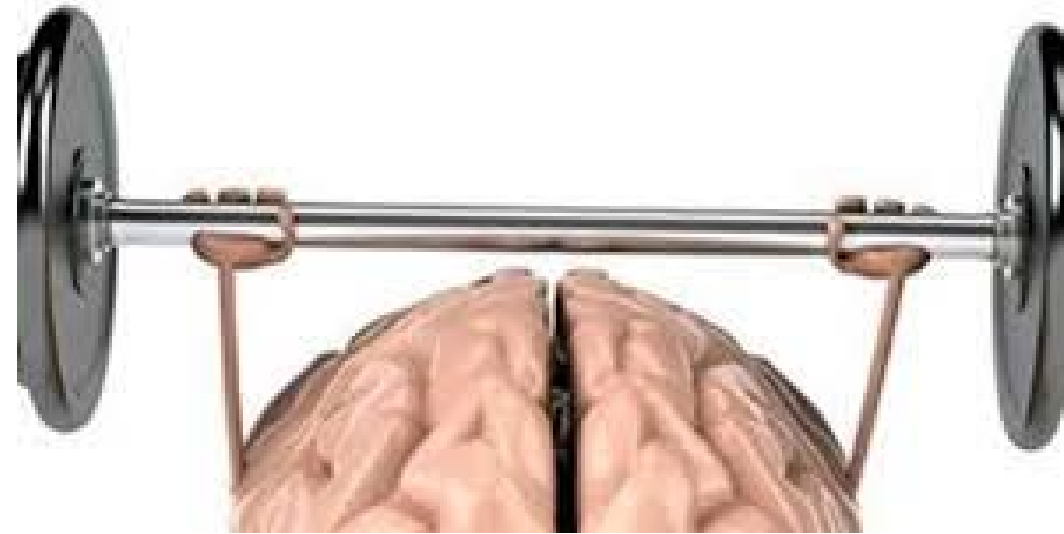
"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

- John Lennon

# What do we know about Health?



St. John Ambulance









## Broken Collarbone Rehabilitation Exercises



Shoulder flexion



Shoulder abduction



Horizontal shoulder abduction



Shoulder extension



Scapular active range of motion



Side-lying horizontal abduction





# What are mental health PROBLEMS?

Mental health problems refer to common struggles and adjustment difficulties that affect everybody from time to time including:

a relationship ending, the death of someone close, conflict in relations with family or friends, or stresses at home, school or work.

**Mental health problems are usually short-term reactions to a particular stressor AND ARE NORMAL!**

# So then what is **MENTAL ILLNESS**?

Mental illness is a term that describes a variety of emotional, thinking and behavioral problems that vary in intensity and duration, and may recur from time to time.

Mental illnesses are diagnosable conditions that require medical treatment as well as other supports.



Optimal mental health  
("flourishing" )

Optimal mental health  
with mental illness

Optimal mental health  
without mental illness

Serious mental illness

No mental illness symptoms

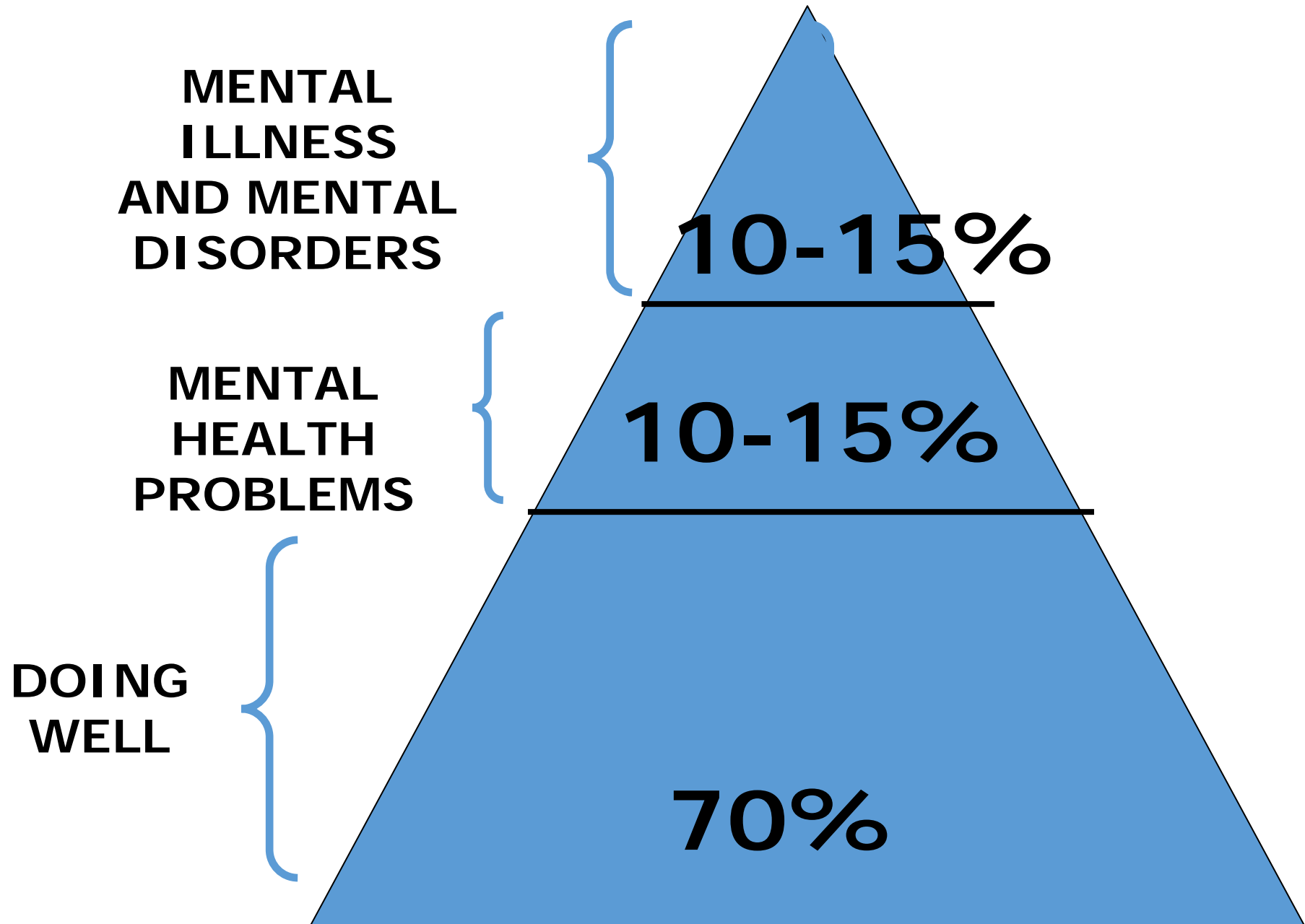
Poor mental health  
with mental illness

Poor mental health  
without mental illness



Poor mental health  
("languishing" )







# CORONAVIRUS (COVID-19)



Now Accepting  
Toilet Paper  
as Currency  
8-Rolls  
= 1 Large  
Pizza

**DURING  
COVID-19  
PANDEMIC**

**63%**  
**FEELING  
NEGATIVE**

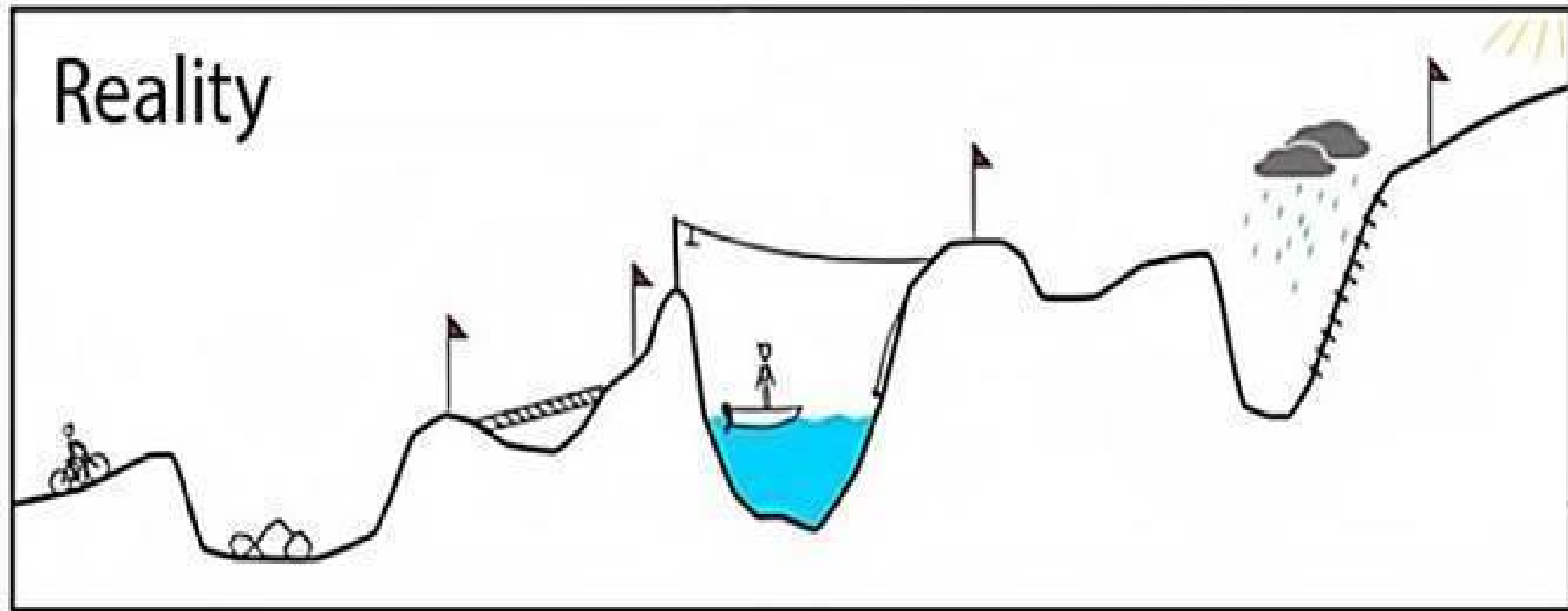
**FEELING  
LONELY/  
ISOLATED** **47%**  
(UP 8% IN LESS  
THAN A MONTH)  
(as harmful as smoking 15 cigarettes/day)

**37%**  
**FEELING  
POSITIVE**

**WANT MORE  
MEANINGFUL  
CONNECTIONS** **67%**

**"MISS THE  
CHANCE"** **73%**

# Why is resilience important?







**IF YOU HAVE THE WEATHER CHANNEL AS  
YOUR HOMEPAGE ON YOUR COMPUTER**



**YOU MIGHT BE A FARMER**







**35%**

of farmers meet the classifications for **depression**



**45%**

of farmers report **high stress**



**58%**

of farmers meet the classifications for **anxiety**



**68%**

of farmers are more susceptible than the general population to **chronic stress**, which can lead to **physical and mental illnesses**






**Some poor physical health symptoms that can be associated with poor mental health**



DOCTORSECRETS.COM





A man with a shaved head, wearing a dark blue button-down shirt, is speaking directly to the camera. He has a neutral to slightly smiling expression. The background is a bright, slightly blurred outdoor setting with a white structure visible behind him.

If we take care of our mental health like our dental health, we'll be okay.



#1

LIKE YOU  
FOR YOU

GARFIELD



Being comfortable in  
your own skin



# #2 HAVE FRIENDS THAT LIKE YOU FOR YOU







#3

TALK ABOUT YOUR  
FEELINGS!







SMILE, LAUGH AND  
#4 HAVE FUN EVERY DAY





News / Local News

# Fenwick addresses serious issue with 'goofy' videos

Denis Langlois

Feb 10, 2021 • 1 day ago • 3 minute read

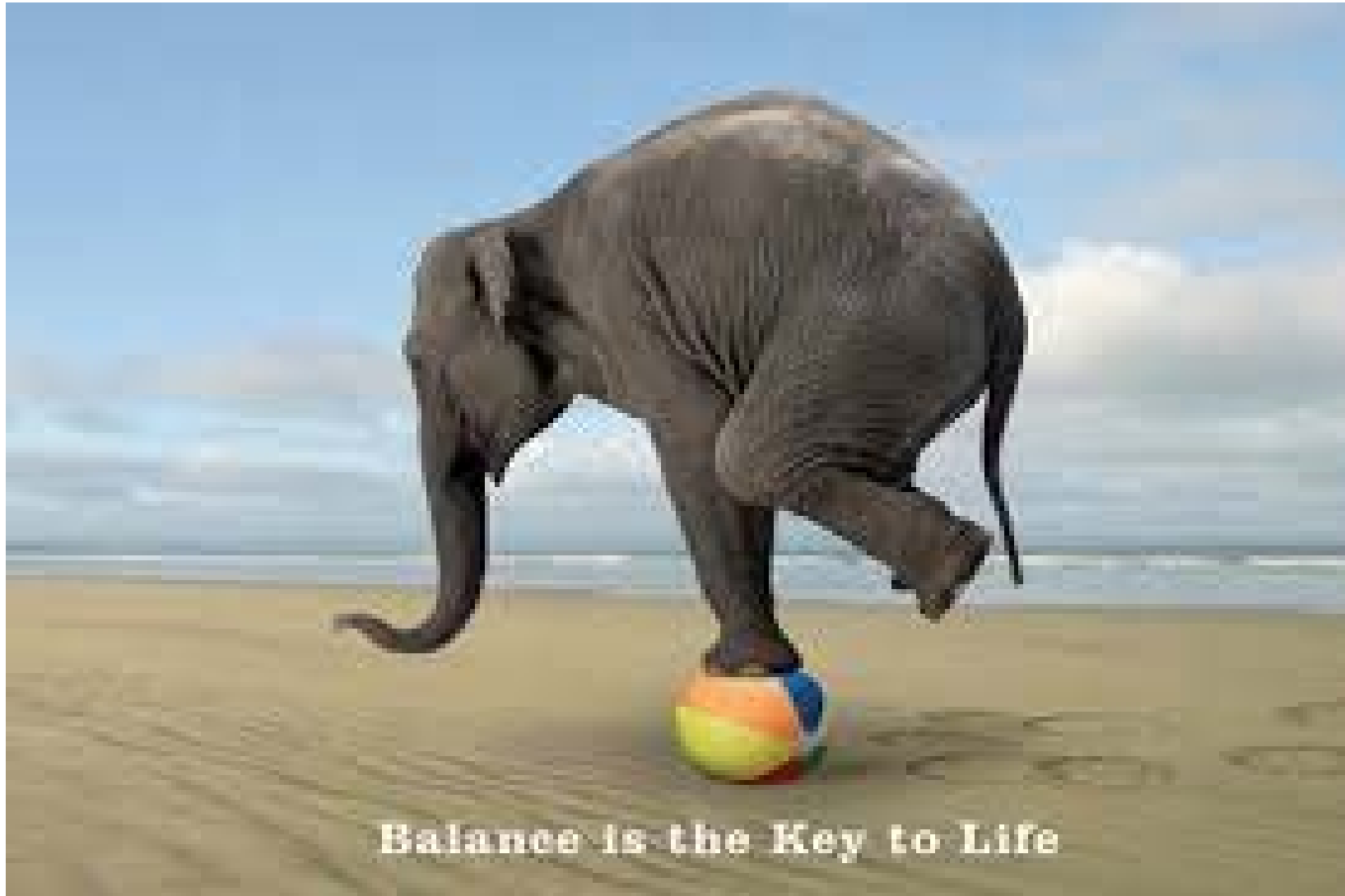


Stacy Fenwick wraps up his 25 pushups for 25 days challenge for mental health awareness by doing the pushups at the Canadian Mental Health Association Grey Bruce office in downtown Owen Sound. DENIS LANGLOIS





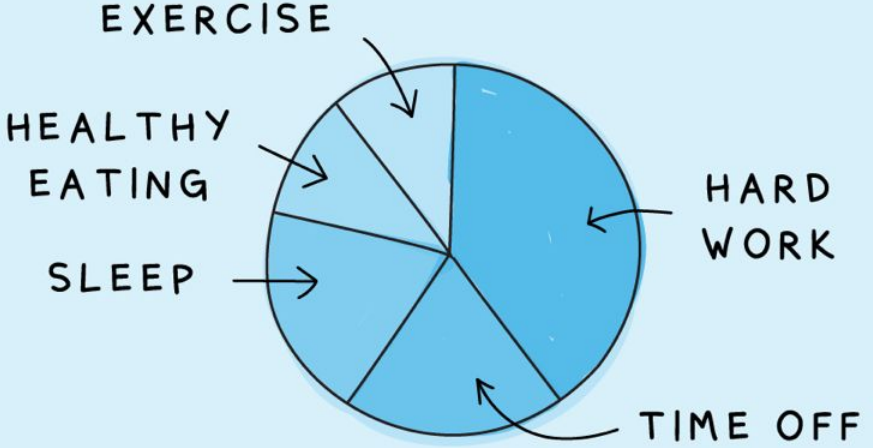




WHAT I THOUGHT WOULD  
MAKE ME PRODUCTIVE



WHAT ACTUALLY DOES









# Signs, signs, everywhere signs!

**WELCOME! TODAY'S SPECIALS ARE:**

**LACK OF SLEEP,  
UP TOO EARLY,  
AND LOW ON PATIENCE.**

**THANK YOU,  
PLEASE COME AGAIN.**



# CHECK ENGINE LIGHT INDICATORS

- **feeling sad, down or low most days**
- feeling **irritable** or angry
- feeling **helpless** or hopeless
- feeling **anxious**, nervous or restless
- **crying a lot**
- **feeling guilty**
- feeling like you're alone
- having negative thoughts or feelings about yourself
- having trouble **sleeping**, sleeping all of the time or feeling tired all of the time
- having trouble **concentrating** at school/work
- **losing interest in things you enjoy**
- having difficulty making **decisions**
- **withdrawing** from friends and family
- having changes in **appetite** (e.g. eating less, eating more, etc.)
- taking more risks than you used to
- acting aggressively or disruptively
- using drugs or alcohol to **cope**
- having thoughts about death or suicide

# Ten Common Thinking Distortions

1. Black and white thinking
2. Setting unrealistic expectations
3. Selective thinking
4. Converting positives into negatives
5. Over generalizing
6. Exaggerating unpleasantness
7. Catastrophizing
8. Personalizing
9. Mistaking feelings for facts
10. Jumping to negative conclusions

*Celebrating 37 Years of Empowering Recovery!*



Mood Disorders Association of Ontario

 Search

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[INSPIRATION](#)

[SUPPORT US](#)

[BLOG](#)

[STAFF](#)

## Programs

- ▶ Provincial Peer Support Program
- ▼ Peer Recovery Programs
  - ▶ WRAP Facilitator Training
  - ▶ Laughing Like Crazy
- ▼ Family Programs
  - ▼ Family Matters
    - ▶ Family Matters Programs
    - ▶ Meet the Family Matters

[Home](#) » [Programs](#) » [Online Programs](#) » [Check Up From the Neck Up](#)

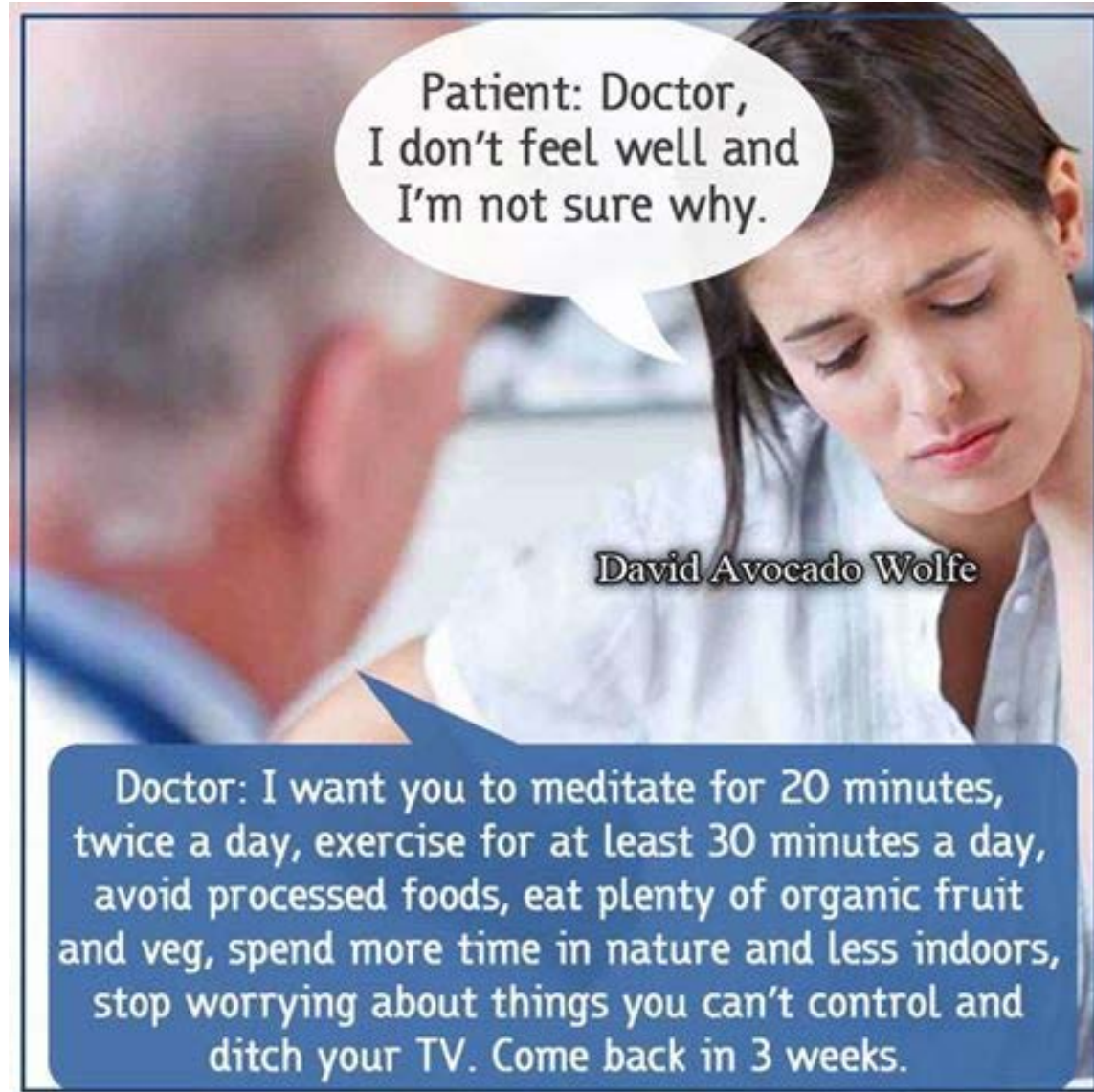
## Check Up From the Neck Up







# Start with your Doctor



**When is the last time you had a physical?**

# www.cmha.ca/find-your-cmha

In crisis? Please call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca).



National

FIND YOUR CMHA



FRANÇAIS

MENTAL HEALTH

PROGRAMS & SERVICES

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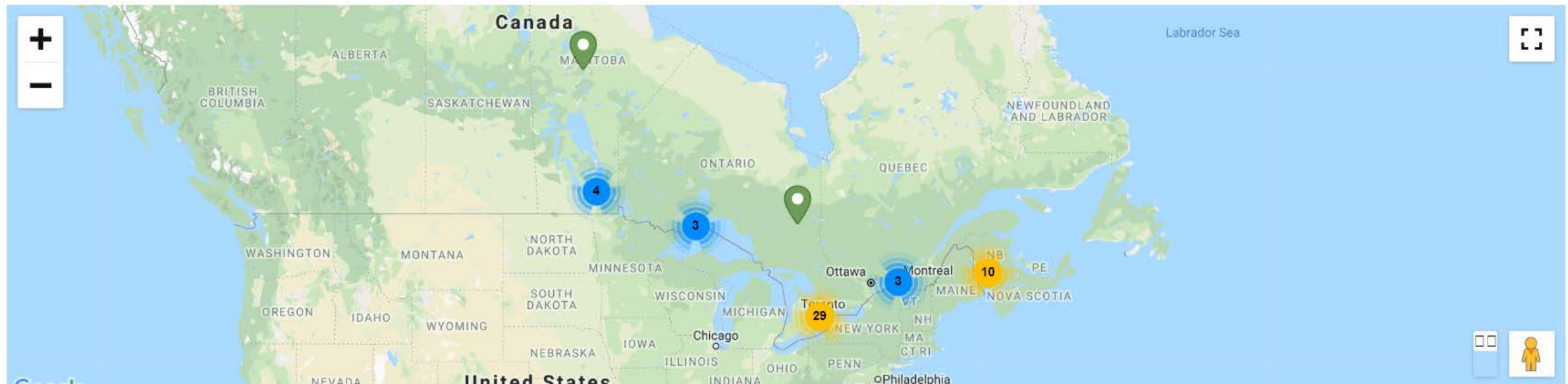
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## Find Your CMHA

## 330 branches across Canada!





# CORE PROGRAMS

- Brief support
- Case management
- Housing and outreach supports
- Court support
- Psycho-social rehab
- Addictions counselling
- Family support
- Peer support
- Crisis Response
- Crisis lines
- Information and Referral
- Training – Mental Health First Aid, SafeTALK (Suicide Alertness for Everyone), ASIST (Applied Suicide Intervention Skills Training)



Living in rural areas  
and stigma often make  
receiving treatment  
more difficult  
for farmers.



**Canadian Mental  
Health Association**  
Ontario

More info at [ontario.cmha.ca/farmersmentalhealth](https://ontario.cmha.ca/farmersmentalhealth).



Home » Welcome to Bounceback<sup>®</sup>!



FOR CLIENTS

FOR PRIMARY CARE  
PROVIDERS

## Welcome to Bounceback<sup>®</sup>!

If you're experiencing low mood, depression, and anxiety, BounceBack can help. Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thoughts, and become more active and assertive.

As of November 18 – now  
available **NATIONALLY!**  
[www.cmha.ca/bounceback](http://www.cmha.ca/bounceback)

**BounceBack®**  
reclaim your health  
Short Format Booklet Descriptions



15 tips that help you put the changes you want to make in action, and to get the most out of these booklets.



Want to know what makes you tick? Get an understanding on how your responses to outside events can affect your thoughts and feelings, and what to do about them so you can start feeling good again!



When it seems like too much trouble to even get out of bed, you need this booklet. It helps get routine back into your day and provides real-life suggestions on how to get fun back into your life!



"I always think bad thoughts. Amaz Progr to be



Build your learn help thing



Want fix just your with

Booklets are available in multiple languages

**BounceBack®**  
reclaim your health  
Workbook Descriptions



1 Core depressive workbooks 2 Core anxiety workbooks 3 Optional workbooks

Workbooks are available in multiple languages

See over 170

**BounceBack®**  
reclaim your health  
Youth Booklets



**Booklet 1.**  
Write all over  
your bathroom  
mirror

This booklet makes the others work better. Learn 15 great tips on how to work with the other booklets and feel better sooner.

**Booklet 2.**  
Why do I feel  
so bad?

Want to know what makes you tick? This booklet helps you understand how your responses to outside events can affect your thoughts and feelings. It shows how just a single altered thought can lead to sadness, tiredness, and even illness.

**Booklet 3.**  
I can't be  
bothered  
doing anything





We've all said this to ourselves when feeling down. This booklet helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

**Booklet 4.**  
Why does  
everything  
always go  
wrong?

If that thought sounds familiar, this booklet will teach you how to stop it from taking control of your life. You'll be introduced to the Amazing Bad-Thought-Busting Program and learn how to swap bad thoughts for helpful ones.





-  Call
-  Chat
-  Email
-  Directory



## Quick Facts

- [Introduction to Addiction](#)
- [Do You Know...Alcohol](#)
- [Do You Know...Cocaine](#)

[more](#)

## Take the Quiz

How do you know if you have an alcohol or drug problem? The Centre for Addiction and Mental Health regularly refers clients to trusted [online quizzes](#) as a way to get started.

## Helpful Links

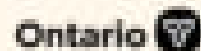
Drug and alcohol information and self-help resources you can trust. [Start here](#) if you're looking for more information for you or someone you care about.

Introducing

# Agriculture Wellness Ontario

Mental Health Support, Education and Community

Learn more at [AgricultureWellnessOntario.ca](https://AgricultureWellnessOntario.ca)



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### Quick Links

[Agricultural Information Contact Centre](#)[Foodland Ontario](#)[Ministry Locations](#)[Statistics](#)[Inspection Programs](#)[Minister's Office](#)[Job Opportunities](#)[ServiceOntario](#)

### Topics

[Explore Government](#)[Resources](#)

## Mental Health for Farmers – First Aid Kit

Owning a farm business can be very stressful. If you are struggling with the impact of these stresses, you are not alone.

The government of Ontario cares about the well-being of farmers and farm families and recognizes they face unique challenges that can lead to mental health issues.

There is help out there if you're struggling. Reach out to a friend or other emotional support. Together we can end the stigma that surrounds mental health. You matter, and you're important. We're all in this together.

**Public Service Announcement Video: Encouraging farmers to help address the stigma that still surrounds mental health and to use available resources.**

### Consider the following options:

If you need immediate help:

#### Mental Health Helpline

- Call: 1-866-531-2600
- [Chat online](#)
- [Email](#)



*Join the Oxford Federation of Agriculture and Oxford Junior Farmers for a*

# **Mental Health First Aid**

## **Basic Certification Course**

**A two-day course addressing the four most stigmatized mental health disorders.**

**March 25-26  
Woodstock**

Limited space available, please pre-register with  
Laura Fraser [laura.oxfordagriculture@gmail.com](mailto:laura.oxfordagriculture@gmail.com)

**The  
Do More  
Agriculture  
Foundation**

**Mental Health  
First Aid Canada** 

**Community Living – Child Development programs**

**EarlyOn programs**

**Public Health – Healthy Smiles**

**Legal Aid Clinics**

**Good Food Box**

**Backpack Program**

**Winter Warmth programs**

**GRIEF SUPPORTS**

**[www.informationbrucegrey.ca](http://www.informationbrucegrey.ca)**

**CURRENTLY 509 PROGRAMS LISTED SUPPORTING CHILDREN, YOUTH AND FAMILIES IN GREY BRUCE!!!!**

# SELF CARE – What works for you?

---







Sometimes I just want  
someone to hug me and say,  
"I know it's hard. You're going  
to be okay. Here is chocolate  
and 6 million dollars."



STARECAT.COM



# 12 Steps To Self Care

1. If it feels wrong, don't do it
2. Say "exactly" what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say "No"
8. Don't be afraid to say "Yes"
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama & negativity
12. LOVE

# How do you **DAIRY COWS....** time of the y

# nd darkness this

- \*My wife bought me a dawn  
time. It makes it much easi
- \*I replaced my old barn light  
brilliance. It's so much bette
- \*I painted my barn inside a  
new to me.
- \*I replaced my barn radio v  
myself 😊
- \*I am trying my best to use  
hard to find the time but ca
- \*I am trying to stay in touc  
the isolation.
- \*I am trying to get to more  
social outlet.
- \*Social media itself can be  
Social media can also cause
- \*My next step is to start list  
gives me something to look



as I approach my desired wake up  
r in the cold and maintain their  
too.  
g. It's still an old barn but it feels  
stations but it beats singing to  
ountry skiing with my wife. Yes, it's  
tal health.  
uman contact is a good for battling  
t stimulates my mind and provides a  
m but caution should be taken.  
isinformation.  
years farming adventures. Planning



**Oh I'm sorry do I make you uncomfortable**



**Have you got a spare pair of undies?**



**Some questions you just shouldn't ask a workmate.  
R U OK? isn't one of them.**

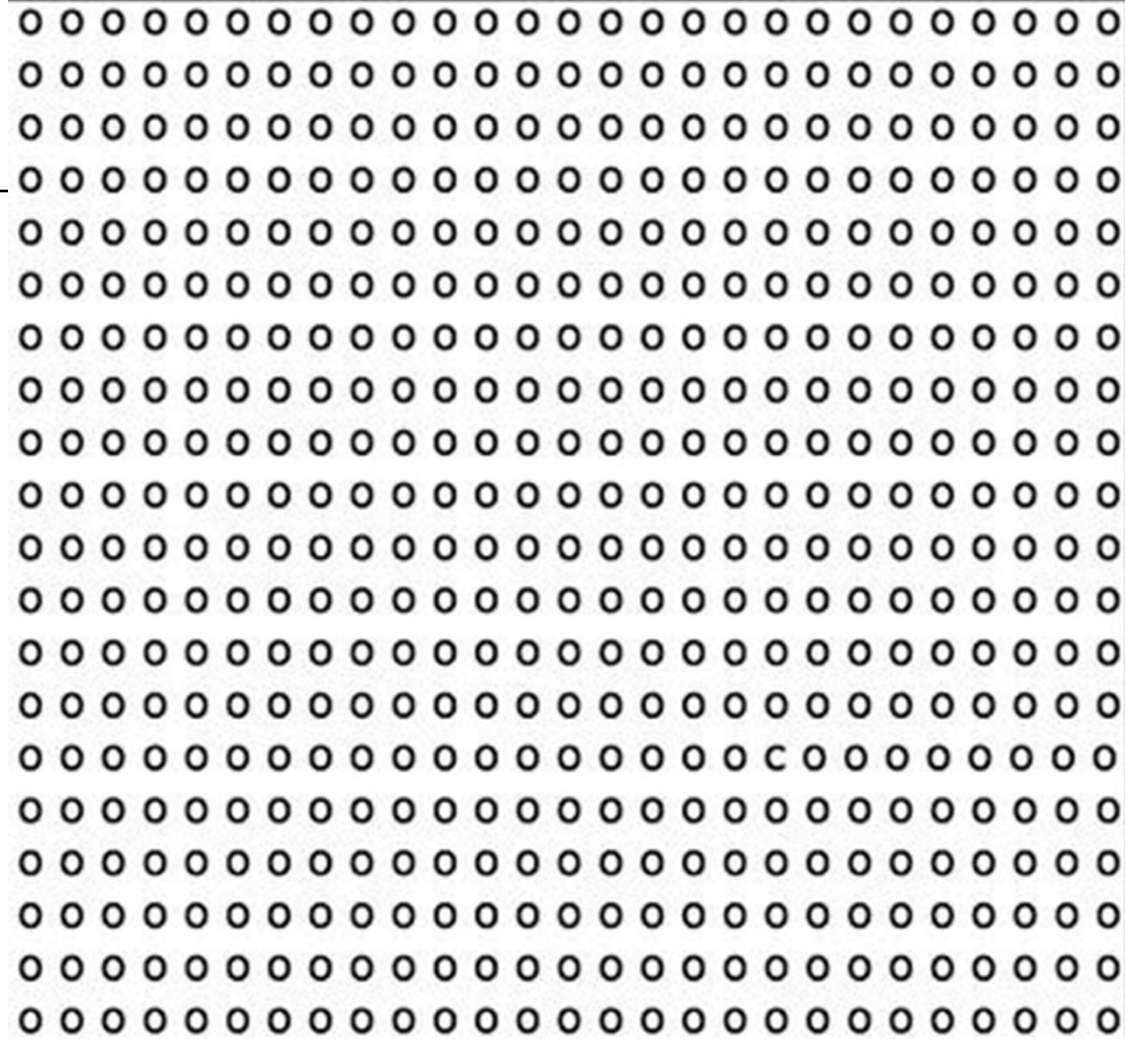
For more info on how to ask, visit [ruokday.com/work](https://ruokday.com/work)

Work Sponsor

Super *friend*<sup>®</sup>

**R U OK?**<sup>™</sup>  
A conversation could change a life.

# EYE TEST



Share if you find C in  
1 minute

# You deserve to be heard. We're here to listen.

A safe space to talk, 24 hours a day, every day of the year.

**Call 9-8-8**



**Text 9-8-8**









**ROBERTS'S McGavin**  
**FARM EQUIPMENT**  
CHESLEY | LUCKNOW | MOUNT FOREST | WALTON

Date May 31st/19

Canadian Mental Health Association - Grey Bruce

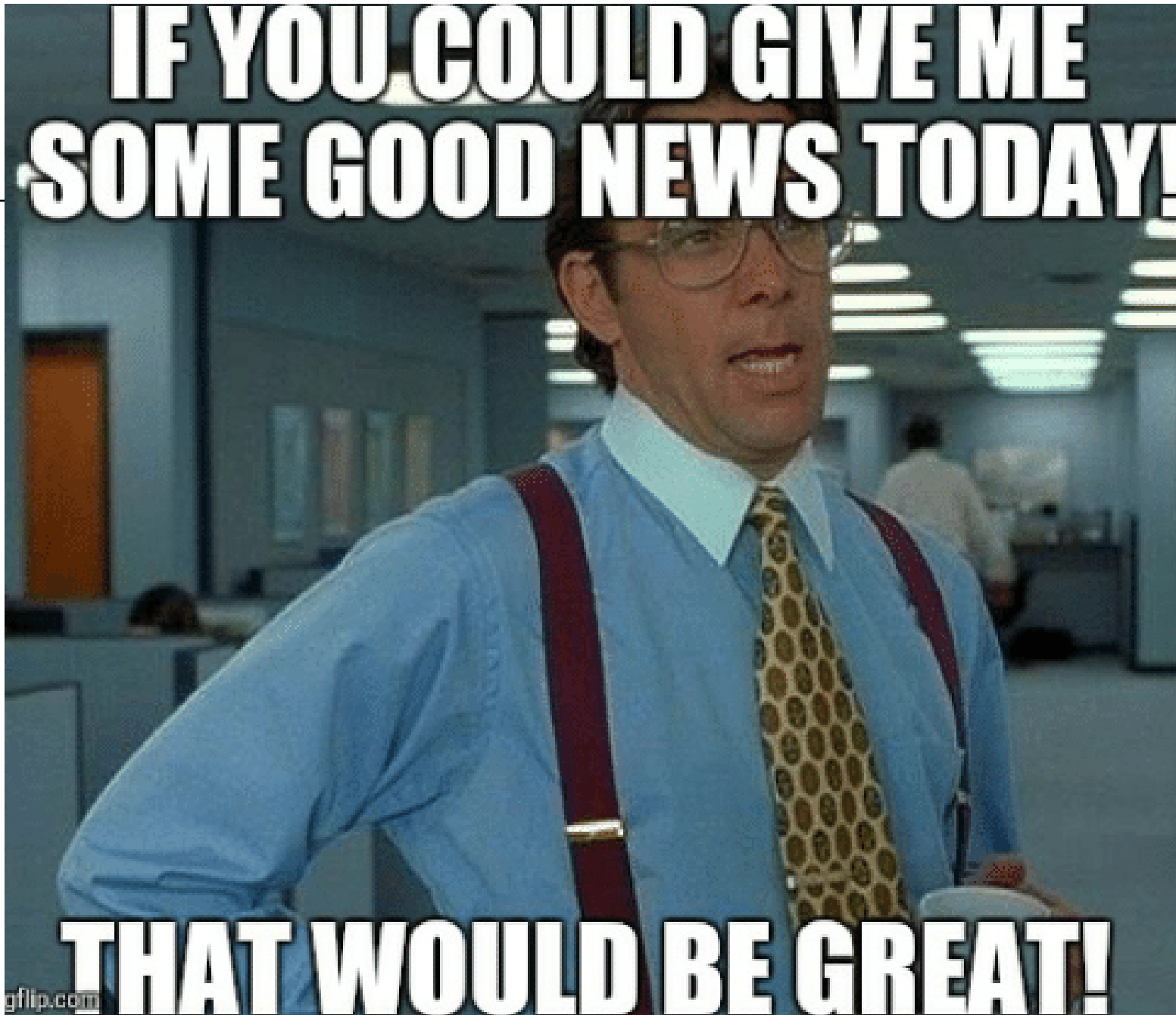
AMOUNT \$6,000.00

Thousand Dollars \_\_\_\_\_ **XX**  
DOLLARS

Ladies Night 2019 SIGNATURE: *[Signature]*



**IF YOU COULD GIVE ME  
SOME GOOD NEWS TODAY!**



**THAT WOULD BE GREAT!**

Friday April 9 2021

Dear Friend,

I hope you are doing well, the sun is bright and so are you, always think positive, you will see your family soon, never give up on who you are, be strong always be strong, mistakes are proof that you are trying, just be you, that's the best part on who you are, it's been hard but don't give up, you are amazing no matter what, don't give in on what negative things people say about you, be happy no matter what, I hope you have a good year.

From Friend



Mistakes

are PROOF that you

are TRYING



**The world is a better place with you in it.**



THE GREY BRUCE  
*We* C.A.R.E  
PROJECT



I don't care what you  
think about YOU  
*unless you think* YOU'RE

**AWESOME**

in which case  
you would be

**RIGHT.**



# Thank You

---

**Jackie Ralph**

**Youth Awareness & Education**

**CMHA Grey Bruce**

**[jralph@cmhagb.org](mailto:jralph@cmhagb.org)**

**519-371-3642 ext. 188**

**[www.cmhagb.org](http://www.cmhagb.org)**