<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Key Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Choice Is Yours Activity Cards</td>
<td>Participants learn to consider, explore, and discuss various options to the difficult, real-life situations presented in this activity card set. Topics include cheating, bullies, dating and sex, parties, parental expectations, siblings, personal responsibilities, drinking, money, smoking, and drug use. Meets National Family and Consumer Science Education Standards and National Health Education Standards. Includes 30 situation cards, idea sheet, and instructions. For 2 or more players or teams.</td>
<td>Bullying, Alcohol &amp; Drugs, Sex, Healthy Decision Making</td>
</tr>
<tr>
<td>Solution Ball</td>
<td>This ball helps pupil find solutions to tough situations in a fun way. Twenty different statements and strategies cover the ball and help players deal with a particular problem.</td>
<td>Healthy Decision Making</td>
</tr>
<tr>
<td>Bullying &amp; Harrassment Situation Cards</td>
<td>Each card in this 60-card set depicts a typical bullying dilemma and allows students to discuss various alternatives to resolve the dilemma. Includes <strong>20 cards for elementary students, 20 cards for middle school students, and 20 cards for high school students</strong>. Meets National Health Education Standards. Comes with a teacher’s instruction sheet.</td>
<td>Bullying</td>
</tr>
</tbody>
</table>
## Character Fun Game Kit

Packed with 20 different games and activities, this delightful kit introduces players to character-related vocabulary, differentiates between positive and negative character traits, and promotes decision-making skills. Includes 32-page leader's guide with detailed instructions for each game. **Grades 3-7.**

## Kids Daily Dilemmas In A Jar

Stuffed full of 101 thought-provoking cards that prepare learners to make good decisions in challenging situations, *Dilemmas in a Jar* is great for discussions, writing exercises, or icebreakers. **Grade 4-Adult.**
## Health Promotion Resources – Addiction Prevention & Mental Health Promotion

To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)

tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

<table>
<thead>
<tr>
<th>Choices in a Jar</th>
<th>Stuffed full of 101 thought-provoking cards that require users to weigh two unusual options, <em>Choices in a Jar</em> is great for discussions, writing exercises, or icebreakers. <strong>Grade 5-Adult.</strong></th>
<th>Healthy Decision Making</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think Twice In A Jar</td>
<td>Stuffed full of 101 thought-provoking cards that require users to decide among life-changing options, <em>Think Twice in a Jar</em> is great for discussions, writing exercises, or icebreakers. Includes an activity guide. <strong>Grade 5-Adult.</strong></td>
<td>Healthy Decision Making</td>
</tr>
<tr>
<td>Resource</td>
<td>Description</td>
<td>Grade</td>
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<td>-----------------------------------------------</td>
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</tr>
<tr>
<td>Bullying Clever Catch Ball</td>
<td>Covered with a variety of questions about bullying, this inflatable ball makes it easier for players to open up and talk about bullying. Deals with a wide range of topics related to bullying, including bullying on the phone and Internet. Comes with answer sheet. <strong>Grades 2-6.</strong> 16” diameter.</td>
<td></td>
</tr>
<tr>
<td>Character Builders Set 2: Sharing and Caring Book</td>
<td>Designed to help end bullying and violence by focusing on and teaching positive peer interaction, these readers promote character-building values as well as reading skills. The titles in this set are <em>Be a Friend, You Can Count on Me, Working Together, Sharing Is Caring, Everyone Is Unique and Special</em>, and <em>Show You Understand</em>. <strong>Grades 1-2.</strong> Each book is 16 pages.</td>
<td></td>
</tr>
<tr>
<td>Character Builders Set 1: Doing Right and Trying Hard Book</td>
<td>Designed to help end bullying and violence by focusing on and teaching positive peer interaction, these readers promote character-building values as well as reading skills. The titles in this set are <em>Dare to Have Courage, Would It Be Right?, Telling the Truth, Never Give Up, Following the Rules</em>, and <em>Think Before You Act</em>. <strong>Grades 1-2.</strong> Each book is 16 pages.</td>
<td></td>
</tr>
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### Health Promotion Resources – Addiction Prevention & Mental Health Promotion

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<th>Description</th>
<th>Grade</th>
<th>Skills</th>
</tr>
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<tbody>
<tr>
<td>Totika Game</td>
<td>A wood block stacking game, this award-winning activity is designed to help players build self-esteem, social skills, and coping strategies. Players pull blocks from the stack, being careful not to let it topple, and ask each other questions from the included Self-Esteem deck of questions. For 2 or more players or teams. <strong>Grade 3-Adult.</strong></td>
<td></td>
<td>Self Esteem &amp; Coping Skills</td>
</tr>
<tr>
<td>Totika Life Skills Cards</td>
<td>A supplemental deck of Life Skills questions to be used with the <em>Totika Game.</em> <strong>Grade 3-Adult.</strong></td>
<td></td>
<td>Self Esteem &amp; Coping Skills</td>
</tr>
<tr>
<td>Healthy Choices Ball</td>
<td>A tool for encouraging students to choose a healthy lifestyle, this ball is covered with statements that require critical thinking, such as &quot;Describe a healthy meal&quot; and &quot;Give 2 reasons to say no to drugs and alcohol.&quot; Ball comes deflated. Pump required. Grade 1-Adult. 8&quot; diameter.</td>
<td></td>
<td>Healthy Decision Making</td>
</tr>
</tbody>
</table>
**Emotion Cubes**
A great tool for teaching the vocabulary of emotions related to social interactions, this set of cubes features two cubes with photographs of children’s facial expressions and two cubes with words such as ‘jealous’ and ‘shocked’. Each cube is made of soft foam and measures 1½”. Includes activity guide. **Grades 1-5**

**Berenstein Bears Talking About Feelings Card Game**
Helping children learn to identify and understand the feelings of themselves and others, this card game features the faces of Berenstain Bears expressing a variety of emotions. Game includes 53 cards, can be played like 'Old Maid' memory, or charades, and accommodates 2 or more players or teams. **Grades K-3.**

**Remote Control Anger Game**
Learning to control anger is a vital part of social and emotional development. This set of four card games teaches skills to help manage anger, using the remote control symbols "pause" to identify feelings, "rewind" to learn from past experiences, and "fast forward" to think about. **Anger Management Coping Skills**

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**Revised February 2012**
| Health Promotion Resources – Addiction Prevention & Mental Health Promotion |
| To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921) |
| [mailto:tarawelsh@westernhealth.nl.ca](mailto:tarawelsh@westernhealth.nl.ca) or [mailto:cathywheeler@westernhealth.nl.ca](mailto:cathywheeler@westernhealth.nl.ca) |

| **Bully Safe Game** | Teaching concrete, nonviolent skills, this educational card game focuses on bullies, victims, and bystanders, showing students that everyone has a role to play in reducing bullying. Cards describe typical bullying behaviors, and students earn tokens for offering good advice. Can be played cooperatively or competitively. Includes game board, tokens, red Situation cards, and blue Advice cards. For 2-5 players or teams. **Grades 5-8.** |
| **Emotion Mania Thumball** | A great tool for promoting social skills, development, and emotional intelligence, players must catch this ball and provide a response to the panel their thumb touches. **Pre K-Adult.** 9” diameter. |
| Drug Awareness and Positive Choices Quizmo Game | This two-in-one game builds awareness about drugs and the alternative choices people have when confronted with drugs. Game includes 36 two-sided game boards, calling cards, plastic markers, and instructional guide. For 2-36 players or teams. **Grades 3-12.** | Healthy Decision Making Drug Awareness |
| Drug Abuse Tumble N Teach Cube | This inflatable cube is a great way to address the consequences of drug abuse. Players roll the cube and use both the word on the inside cube and the substance pictured on the outside cube to start a discussion. Can be used in small and large groups. **Grades 6-12.** 8" x 8" x 8". | Drug Awareness |
| Drugs & Alcohol Clever Catch Ball | With an emphasis on drugs and alcohol, this ball is a great way to introduce the difficult topic of substance abuse to students. Includes more than 30 questions about how drugs and alcohol affect the body, relationships, and lifestyle. Comes with instructions and answer guide. **Grades 5-8.** 16" diameter. | Alcohol & Drug Awareness Healthy Decision Making |
| Health Promotion Resources – Addiction Prevention & Mental Health Promotion |
| To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921) |
| tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca |

| Roll-A-Role: A Game of Anger Control | In this unique game, children learn to identify and handle their anger by rehearsing anger management skills in a fun, safe environment. Players roll larger-than-life dice that indicate situations for them to act out. Points are won each time a player uses appropriate positive actions as listed on their game cards. For 2-8 players or teams. **Grades 1-5.** | Anger Management  
Coping Skills |
| Roll-A-Role: A Bullying Prevention Game | By placing children in the role of bully, target, and bystander, this game helps young people understand the dramatic impact of bullying and teasing and develop strategies for stopping it. The game features super-sized dice that indicate situations for players to act out. Points are won each time a player uses appropriate positive actions as listed on their game cards. For 2-8 players or teams. **Grades 1-5.** | Bullying |
| Just for the Health of It – Health Curriculum Activities | Each book in the activity library focuses on a different area of health education and includes 90 ready to use and reproducible games, puzzles, and worksheets. Full answer key included in every book **Grade 7-12.**  
1. Stress Management and Self Esteem Activities  
2. Sex Education Activities  
3. Substance Abuse Prevention Activities  
4. Relationships and Communication Activities  
5. Diet and Nutrition Activities  
6. Consumer Health and Safety Activities | Stress, Self Esteem, Sex, Relationships, Communication, Substance use, Nutrition, & Safety  
Healthy Decision Making |
| Spin Quest – MH&A Question Set | MH&A questions cards are developed on a variety of topics including:  
- Alcohol  
- Bullying |  

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| • Healthy Relationships          | Feelings |
| • Self Esteem + Confidence       |           |
| • Healthy Decision Making        |           |
| • Peer Pressure                  |           |
| • Mental Health                  |           |
| • Mental Illness                 |           |
| ...And more                      |           |

<table>
<thead>
<tr>
<th>Flip Flop Faces – Emotions in Motion</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Ages 4 and up) This innovative bean bag toss game teaches children to understand facial expressions. Game encourages cooperative play (practice taking turns), and social awareness. Includes 6 target bowls and 6 bean bags labeled with emotions that add up to one great party game. Children learn to identify words for different emotions. The game fosters conversations focusing on feelings and understanding self and others.</td>
</tr>
<tr>
<td>Feelings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jeopardy Game Board &amp; Question Set – Coming Soon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Categories and question cards related to Mental Health &amp; Addictions issues.</td>
</tr>
</tbody>
</table>

Revised February 2012
**Set of reminiscing question-and-answer cards**
covers six categories based on the 1940s: *Pop Culture*, *The ’40s First and Fads*, *Events in the U.S. and the World*, *WWII*, *Folks of the ’40s*, and *The 1940s Potpourri*.

**Excellent for Seniors’ Events**

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<th>Folks of the ’40s</th>
<th>The 1940s Potpourri</th>
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**This set of reminiscing question-and-answer cards**
covers six categories based in the 1950s: *Potpourri; U.S. Events; Famous Folk; Firsts and Fads; ’50s TV, Movies, Music, and More; and World Events*.

**Excellent for Seniors’ Events**

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<table>
<thead>
<tr>
<th>U.S. Events</th>
<th>Famous Folk</th>
<th>Firsts and Fads</th>
<th>’50s TV, Movies, Music, and More</th>
<th>World Events</th>
</tr>
</thead>
</table>

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Revised February 2012

Set of alcohol and other drugs question-and-answer cards covering six categories: Drink, Drink, and Be Wary (Alcohol and Health); I Only Had One (Drinking Problems in Our Society and Alcoholism); Used as Directed, Will Kill the Customer (Smoking and Health); It's Your Dreams (Marijuana, LSD, and Inhalants); Big Business (Over-the-Counter and Prescription Drugs); and The Other Drugs of Abuse.
<table>
<thead>
<tr>
<th>“When…” Book Series (6 Books)</th>
<th>The stories use familiar animals to inspire children to face everyday troubles.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• <strong>When Leaves Die</strong>&lt;br&gt;The birds were happy in their treetop home…until the leaves died. What would they do without them? The birds learn that loss is painful, but if they wait with open hearts, they’ll be happy again.</td>
</tr>
<tr>
<td></td>
<td>• <strong>When Caterpillars Grow Up</strong>&lt;br&gt;Caterpillar is happy to become very good at wiggling and climbing…until he finds out that he can do something even more wonderful! He learns that he can have new adventures by being willing to try new things.</td>
</tr>
<tr>
<td></td>
<td>• <strong>When Flowers Dance</strong>&lt;br&gt;Flower watches sadly as the animals in the meadow run and jump, swim, and fly without her…until she gets her chance to join them…sort of! Flower learns that her dreams can come true if she just waits for the right moment.</td>
</tr>
<tr>
<td></td>
<td>• <strong>When Squirrels Try</strong>&lt;br&gt;Squirrel is hungry, but can’t carry his heavy acorn home for lunch…until he gets a wonderful idea! He learns that when things get tough. Good thinking helps. And, sometimes, the smartest thing of all is not to do everything alone.</td>
</tr>
<tr>
<td>Health Promotion Resources – Addiction Prevention &amp; Mental Health Promotion</td>
<td></td>
</tr>
<tr>
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| **When Bees Win** |
The bees are afraid of the hungry bear that wants their honey…until they find a way to make a new friend! They learn that when you share what you have with someone else, everybody wins. |

| **When Fish are Mean** |
The fish would never let the sea snails play…until one day the hidden snails came out from the dark into the light. What a surprise when they did! The snails learn that they are special, too, no matter what the fish may think. |

| Tales of Virtue Book Series – 10 titles |
| Love |
| Cooperation |
| Humility |
| Friendship |
| Moderation |
| Wisdom |
| Honesty |
| Courage |
| Perseverance |
| Generosity |

| Girls Circle |
| Friendship: 8-Weeks Girls 9-14 |
| Being A Girl: 8-Weeks Girls 11-13 |
| Body Image: 8-Weeks Girls 12-18 |
| Honouring Our Diversity: 12-Weeks Girls 11-18 |
| Mind, Body, Spirit: 12-Weeks Girls 12-16 |
| Expressing My Individuality: 8-Weeks Girls 11-15 |
| Relationships with Peers: 10-Weeks Girls 13-18 |
| Who I Am: 8-Weeks Girls 14-18 |
| Paths to the Future: 12-Weeks Girls 11-
**Health Promotion Resources – Addiction Prevention & Mental Health Promotion**

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[tarawelsh@westernhealth.nl.ca](mailto:tarawelsh@westernhealth.nl.ca) or [cathywheeler@westernhealth.nl.ca](mailto:cathywheeler@westernhealth.nl.ca)

<table>
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<tr>
<th>18</th>
<th>Wise &amp; Well: 8-Weeks Girls 12-18</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>My Family, My Self: 8-Weeks Girls 12-18</td>
</tr>
<tr>
<td></td>
<td>Mother-Daughter Circle: Heart of the Matter 8-Weeks Mothers of All Ages with Daughters ages 11-18</td>
</tr>
<tr>
<td>Boys Council</td>
<td>Growing Healthy, Going</td>
</tr>
<tr>
<td></td>
<td>Strong: 10-Weeks Boys 9-14</td>
</tr>
<tr>
<td></td>
<td>Standing Together: A Journey into Respect: 10-Weeks Boys 9-14</td>
</tr>
<tr>
<td></td>
<td>Living a Legacy: A Rite of Passage: 10-Weeks Boys 13-18</td>
</tr>
<tr>
<td>Strengthening Families Program</td>
<td>A Ready-to-use substance use prevention program for families with children aged 7-11. Team training is available.</td>
</tr>
</tbody>
</table>
Displays

Teen Choices Display (three 24x 36 panels)

Teen Choices
What are the Important Questions?

Sex
What should I do if I don’t want to have sex? What are the facts? What can happen?

Drugs
Should I try drugs? What about handling pressure during tough times?

Alcohol
Drinking is popular, does that make it ok? What is the expected outcome?

Crime
Are you ready to break the law? Are you ready to steal?

Activity
What do your friends want? What can happen?

Health
What should you do to care for yourself? Is exercise important?

Friends
What type of friends are you looking for? Are you ready to make new friends?

Relationships
Are you ready to be loved? Are you ready to love?

What’s Your Choice?

Healthy Decision Making
Involves thinking about options & what to do. It is an important skill to develop during teen years to make your life easier.

Risk Taking – Results from uninformed impulsivity choices. Teens make choices based on emotions, feelings or nothing at all. This is why healthy decision making is important.

Steps for Healthy Decision Making

Be sure
- What is the question to be answered? What seems like a big deal at first may not be a problem after all.

Brainstorm
- Options or choices that apply to your problem. Think hard because there are often many more solutions than at first glance.

Pro’s and Con’s
- List the pros & cons for each option. What do you expect to happen based on your choice?

Decide
- Based on the info make a decision that best fits your problem.

Act
- Once the decision is made, take action. Do not put it off too long.

Evaluate & Re-evaluate
- If possible, think about the choices you’ve made & make any necessary changes.

What’s Your Choice?

Healthy Decision Making Helps Avoid Risk Taking!

Alcohol & Drugs
You are invited to a good friend’s sleepover. She has never been involved with drugs that you know of, so you are surprised when she pulls out several joints & beer. She asks everybody to try.

What’s your choice?

Sex
You are on a date. At the end of the night, your date is pressuring you into having sex. You really like your date but you don’t want to have sex at this point in your relationship. What’s your choice?

Standing Up
The boy whose locker is next to yours is getting picked on by a group of kids. The bullying gets worse each week & nobody is standing up for him.

What’s your choice?

Kids Help Phone 1-800-668-6868
Mental Health Crisis Line 1-888-737-4668
NL Health Line 1-888-709-2929

Don’t Cross the Stupid Line
It’s the line of choices we each have that separates smart risk from stupid risk.

No long-term effects
Loss of friends
Being teased

Choose to drink alcohol & try drugs

Criminal record
Poor grades
Hangover

Choose not to drink alcohol & try drugs

LONG TERM EFFECTS
SHORT TERM EFFECTS

Elder Abuse
Types of Elder Abuse
Violence Against Older Adults Takes Many Forms

Physical
Verbal or physical abuse including slapping, biting, hitting, punching or scratching.

Emotional
Verbal abuse that is demeaning or demeaning to an older adult.

Sexual
Sexual abuse or coercion that is sexual in nature.

Financial
Use of a senior’s money or possessions through theft, loan, or fraud.

Neglect
Failure to meet the basic needs of an older adult who cannot meet those needs on their own.

Did You Know?
- 9 out of 10 elder abuse cases go unreported.
- 10% of the general population was sex with an elderly person.
- 10% of older adults are victims of elder abuse.
- Elder abuse involves more than just violence.
- Elder abuse may be preventable.

Elder Abuse
It’s Time to Face the Reality
Abuse or neglect of older adults is hidden & often goes undetected (80%).

Never Ignore Elder Abuse!

Contact your local police department.

What are the WARNING SIGNS?
Old adults who are experiencing abuse or neglect may:

• Tell them they are being hungry
• Show signs of depression or anxiety
• Seem fearful around others
• Show signs of withdrawal and isolation
• Become secretive and uncommunicative
• Have unexplained changes in money accounts
• Lack food, clothing, or other necessities
• Show changes in hygiene or nutrition
• Have unexplained weight loss or gain
• Show signs of neglect or lack of money for needed items
• Unusual joint financial obligations

Who Abuses Seniors?
Old adults are often mistreated by someone they trust, and who are responsible for their care. A person who has power over them. Seniors are abused by their former family members, friends, neighbors, and strangers.
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
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tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Postpartum Mood Disorders (24x36 poster display)

Postpartum Blues or “Baby Blues” are common. Most women experience some symptoms after the baby is born. Some women experience many symptoms and need help. Mothers should be allowed to express their feelings and be given support and encouragement. Mothers should be aware of their feelings and be given support and encouragement.

- Nervousness, irritability, sadness, crying
- Fatigue, lack of energy
- Loss of interest in activities
- Changes in appetite
- Changes in sleeping patterns
- Feelings of being overwhelmed

What you can do...
- Encourage her to rest
- Encourage her to eat
- Encourage her to talk
- Encourage her to participate in activities
- Encourage her to get help from others

Postpartum Mood Disorders are common. If you have any of these symptoms for more than two weeks, don’t wait. Get help.

- If you have any of these feelings or thoughts, don’t wait. Get help.
- You may:
  - Talk to your family or friends.
  - Talk to your doctor or mental health provider.
  - Call a crisis line or local support group.
  - Contact the Postpartum Depression Society of Canada.

Families and Schools Together (three 18 x22 panels)

F&S aims to:
- Improve family, school, & parent-child learning
- Prevent substance abuse by children, youth, & their families
- Improve children’s behavior in school, home, & in the community
- Reduce stress that parents & children experience in their daily lives
- Increase parent involvement in their children’s school, & in their community
- Establish school support networks

What is Families & Schools Together (F&S)?
F&ST is a 2-year parent involvement and prevention model that supports children from birth to 12 years of age. There are Specific Programs to support various age groups:
- Early F&ST (0-3 years)
- Early Childhood F&ST (3-5 years)
- Elementary F&ST (5-12 years)

What will F&ST Offer my family and me?
- F&ST offers families respect and support to help children to do well at school, at home, & in the community.
- F&ST involves the whole family and encourages families to work together to set and achieve goals.
- F&ST provides an opportunity for parents to become more involved in their child’s school and in the community as a whole.

How does F&S Work?
- All members of the family are involved in a series of 10 two-hour sessions at a local school.
- Weekly sessions are led by a trained Facilitator.
- Each weekly session includes learning, discussing the week’s content, and sharing children’s experiences with others.
- Activities have time for parents to support each other and build support networks.
- The 8 to 10 week Program provides a Graduation Ceremony.

For more information contact: Tara Welsh, Wellness Facilitator
408-2651, ext. 368
tarawelsh@westernhealth.nl.ca

Remember, this is not your fault. There is help & you can recover.
Building Your Mental Health One Support at a Time (three 11 x 17 panels)

Seniors and Depression (three 24 x 36 panels)

Life Events Can Trigger Symptoms of Depression

What is your Risk for Depression?

Get Help

Contact your health care provider or go to your local hospital. Ask questions. Discuss your concerns. Ask about anti-depressants, social worker, psychologist, psychiatrist.

Information adopted from Canadian Coalition for Seniors' Mental Health

Seniors & Depression

Approximately 1 in 5 seniors have symptoms of depression.

Nearby 45% of seniors in residential care homes live with depression or symptoms of depression

Symptoms of Depression

Feeling sad

No interest in things you used to enjoy

Less energy and feeling tired

Not feeling well, having aches and pains

Feeling guilty or worthless

Difficulty thinking or concentrating

Problem sleeping (too much or not enough)

Changes in appetite or weight

Feeling agitated, restless and/or sluggish

Thoughts of suicide or death

You are not alone. Many older adults experience these same feelings!

Give your mental health a boost

Building your mental health... One support at a time

Positive Relationships at Work

Good Neighbours

Ties to your Community

Caring Relationships
• Fetal Alcohol Spectrum Disorder (three 24x36 panels)

Coping With Stress (24x36 poster display)
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Warning Signs of Stress (24x36 poster display)

Warning signs of STRESS

Emotional Symptoms
- Feelings of instability or guilt
- Feeling sad for no reason
- Feeling angry
- Negative thinking
- Feeling powerless, rejected or trapped
- Loss of interest, enjoyment
- Small problems upset or overwhelm you
- Anxiety/Nervousness

Physical Symptoms
- Change in sleep patterns or trouble sleeping
- Change in weight or appetite (emotional eating, overeating or under eating)
- Tired all the time (loss of energy)
- High blood pressure
- Headaches
- Stomach problems

Behavioral Symptoms
- Difficulty concentrating or making decisions
- Withdrawing from family & friends
- Avoiding tasks or responsibilities
- Increased use of alcohol, tobacco or other drugs
- Arguing with friends, family or partner
- Neglecting your appearance
- Aggressive behaviour
- Crying easily
- Smoking more
- Drinking more
- Taking more medication

If you are experiencing a difficult time in your life and you need support, contact your local Mental Health & Addiction Services Office or contact:
Mental Health Crisis Line 1-800-737-4669
Nl. health line 1-888-730-2020

There are many positive ways of coping with stress. What works for you?

Coping with Stress for Teens (24x36 poster display)

Coping with STRESS for Teens

There are many positive ways of coping with stress. What works for you?

Stress is a part of life. It can be good or bad. Too much stress can be hard to deal with and can lead to mental & physical health issues. It can lead to other problems like anger, aggression & increased use of alcohol, tobacco or other drugs.

Be healthy - Eat healthy foods & exercise. Being fit & healthy, proper sleep habits and regular, moderate exercise help ease tension, improves sleep & increases self-esteem.

Talk about it! If something is bothering you, open up. Share instead of carrying it all on your own. Talk to friends & family who can & don't be afraid to ask for help.

Don't put things off until the last minute - It adds pressure & creates more stress.

Laugh - Don't take things too seriously, humor is important! Laugh with your friends, think positive & have fun.

Know your priorities - If having too much to do is stressing you out, find out what's most important. Do one thing at a time & don't try to take on more than you can handle.

Be flexible & adapt to change - Change is a fact of life & seeing things from another point of view will help you deal with life's challenges.

Relax & take time for you - See a movie, listen to music, enjoy a hobby. Call a friend, whatever it is, do it just for you.

Be willing to seek help when needed - Talk to someone you trust like your parents, teacher, guidance counselor or friend.

Kids Help Phone 1-855-652-3366
Mental Health Crisis Line 1-888-737-4669
Nl. health line 1-888-730-2020

Revised February 2012
Children’s Mental Health (24x36 poster display)

Children’s Mental Health
Building Positive Mental Health in Childr & Youth

Parenting Tips
- Be warm, nurturing, & loving.
- Give time, limits, & reasoning for the rules.
- Use reason instead of verbal or physical abuse.
- Accept and respect children’s growth needs for freedom while still keeping clear rules.
- By realistic: children give up at their own pace.
- Praise children for their hard work & good deeds.
- Comfort children when they are upset.

Building Self-Esteem
- Parents are the best influence on their children. They are the first, most important teacher.
- Children learn about themselves is influenced by relationships with family members, educators, mentors & others.
- It is important to your child that they are liked & accepted.
- Each member to have their positive beliefs & values influence themselves & their abilities.
- Encourage children to face challenges & give them an opportunity to succeed.
- Help your children discover their own special talents & qualities.

For more information, contact your local Mental Health & Addictions Services Office.

Alcohol & Seniors (24x36 poster display)

Alcohol & Seniors

As we age, our use of alcohol may change.
- Seniors are more sensitive to the effects of alcohol – a little can go a long way.
- Seniors take more medications than other adults; mixing alcohol with medication can be dangerous.
- Conditions such as heart disease or decreased mobility can be worsened by alcohol use.

Some people use alcohol to cope with issues.
- Retirement – film some change is easy but for others it may lead to depression or isolation.
- Illness – lack of contact with friends & family can be difficult.
- Anxiety or Depression – healthy “stress” & having “good times” can be confusing & you may not want to talk to others.
- Deal – losing someone or something can be very painful.

What Can You Do
To Reduce Your Alcohol Use?
- Connect with trusted friends & family & talk about what is happening in your life.
- Volunteer & Garden – focus on the good things in life.
- Join a seniors’ club.

Warning Signs
- Drinking quickly, service or more often
- Starting to drink with a drink
- Using alcohol to manage pain
- Drinking to cope with loneliness or loss
- Unexplained changes in health
- Loss of appetite, mood swings
- Medication not working properly
- Not taking care of yourself or others
- Conflict & isolation from family & friends

Do you think you would have a problem with Alcohol?
Talk to your family doctor or contact your local Mental Health & Addiction Services Office.

Revised February 2012
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Work-Life Balance (24x36 poster display)

Positive Mental Health (24x36 poster display)
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Peer Pressure (24x36 poster display)

Signs of Stress

• Trouble eating, relaxing or sleeping.
• Increased crankiness, whining, crying or fighting.
• Recurring headaches, tummy aches or neck pain.
• Increased irritability, sadness, panic, anger, anxiety.
• Becoming withdrawn – avoiding family & friends.
• Increased behaviour problems such as biting, kicking, poor listening, acting out, impulsiveness.
• Nervous habits like nail biting, hair twisting, thumb sucking.
• Overreacting to minor problems (ex: yelling, crying, shutting down).
• Unusually low energy or unusually high energy & restlessness.

Stress affects a child’s ability to learn, to get along with others & can cause illness.

How to Help Kids Handle Stress

• Establish morning routines to get the day off to a good start.
• Provide healthy food to promote a healthy mind & body.
• Make sure kids gets exercise & time to play.
• Spend time with them & ask them how they feel.
• Give hugs & kisses to show you love them.
• Ensure that children’s lives are not too busy.
• Have fun together. A good laugh helps fight off stress.
• Maintain bedtime routines to help kids relax & get enough sleep. A tired child stresses more easily.

Causes of Stress for Kids

• Big changes – moving to a new home, starting school or daycare.
• Social issues – being bullied, feeling different or left out.
• Feeling unloved or unimportant by parents, family members or others.
• Conflict within the family.
• Schedules that are too busy.

Kids & Stress (24x36 poster display)

Even very young children can learn ways to manage their own stress. The younger they learn the better!
Children & Family Break Up (24 x 36 poster display)

What You Can Do...

• Children need to know they are loved. Show affection in words & actions.
• Create surroundings where children are protected from conflict. Don’t argue in front of them & don’t involve them in adult problems by sharing personal & financial worries.
• Allow children to have a relationship with both parents. Don’t criticize or disagree with your ex in front of your children. You & your ex need to cooperate to meet your children’s needs.
• Share needed information with your children. Talk about custody arrangements & other decisions that affect your children. Remember…what they need to know will depend on their age.
• Keep your children’s routines in place. Do your best to maintain a regular schedule (ie. hockey practice, ballet lessons).
• Let your children express feelings. Recognize that children experience all the emotions that you have. Listen without interrupting.
• Give children a say in their lives. Listen & give appropriate choices. Young children can choose their clothes or toys. Older children can choose which sports to play & set visiting times.
• Keep your promises. Your children will need to know they can rely on you.
• Keep your children’s routines in place. Do your best to maintain a regular schedule (ex: hockey practice, ballet lessons).
• Let your children express feelings. Recognize that children experience all the emotions that you have. Listen without interrupting.
• Give children a say in their lives. Listen & give appropriate choices. Young children can choose their clothes or toys. Older children can choose which sports to play & set visiting times.
• Keep your promises. Your children will need to know they can rely on you.
• Give children time to visit with relatives & spend time with friends.
• Take care of yourself. Your children are depending on you.

Parenting After Separation & Divorce

Information adapted from Health Canada’s Because Life Goes On.
Available at www.mentalhealthpromotion.com

For more information, contact your local Mental Health & Addiction Services Office.
Mental Health Crisis Line 1-888-737-4668
NL Health Line 1-888-709-2929

Health Relationships (24x36 poster display)

Healthy Relationships take time to get right!

What Makes a Healthy Relationship?

Respect - Respect each person as an individual. A healthy partnership means learning about the other person & valuing what’s important to them.
Trust - Means that you feel that you can count on each other & that the other person will be there for you. Trust needs to be earned over time & can be lost with broken promises.
Communication - It is how we show our respect, trust & honesty. It requires listening, sharing thoughts & feelings.

You feel like your a friend is in an unhealthy relationship, ask to someone you trust to contact your local Mental Health & Addiction Services Office. Mental Health Crisis Line 1-888-737-4668. NL Health Line 1-888-709-2929.
Medication Safety for Seniors (24x36 poster display)

As you age, you are more likely to be prescribed more than one kind of medication. This increases the risk of drug interactions & side effects. Medications can affect the way people think, move, or feel.

Medication Safety Tips
- Medications can interact – Taking more than one drug at a time increases your risk of drug interactions & side effects.
- Be active in your health – Make a list of questions for your doctor & request extra time if needed.
- Set everything you are taking & ask for exact instructions (what, when, how, side effects, etc.).
- Be safe at home – Keep a list of all medications, use a pill organizer to keep track of when you take your pills, keep your medications in a safe place.
- Do not share medication & only take drugs prescribed for you.
- Ask your pharmacist for verbal & written instructions.
- Roy Croft

Before using any drug, ask yourself:
- Why am I taking this drug?
- Is it really necessary to take this drug?
- What are the side effects?
- How & when should I take this drug?
- How long do I need to take this drug?
- What are the interactions with other drugs? With alcohol?

Coping with a Breakup (24x36 poster display)

Understanding & accepting that a relationship is over can be tough. You might feel sad, angry, confused, lonely, embarrassed & like you’ll never find love again. That’s Normal!

There’s no magic cure for a broken heart, but here are ways to help you cope:
- Keep busy. It can help to get involved in different activities. Focusing on other things can help you move on with your life, meet new people & discover new interests.
- Talk about it. Sharing with others can help you feel like you’re not alone.
- Write about it. Putting your thoughts on paper is a safe & private way to cope with stress.
- Focus on your good qualities. Are you a good friend or talented athlete? Do you have nice eyes or a great smile? It’s easy to feel discouraged but remember your good points.
- Give yourself time to heal. It may take a few days, weeks or even months. It’s normal to feel like you won’t ever get over it. Getting over a break up isn’t easy so give yourself time.

If you’re in a relationship that you feel you can’t get out of, try talking to someone you trust & who may be in a position to help!

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Resource website
1-800-451-7580

Kids Help Phone
1-800-866-4836
Mental Health Crisis Line
1-866-737-4666
NL Health Line
1-866-732-2020

Information adapted from www.kidshelpphone.ca

Revised February 2012
Life After Loss – Dealing with Grief (24x36 poster display)

The Stages of Grief

Accept a changed life. Recognize that you may be less attentive to your work & personal relationships for some time. Your routines may need to change. This is a natural response.

Reach out for help. Don’t always rely on others to make the first move; they may be concerned about offending you. Let people know when you need companionship & support.

Take care of your physical health. Be aware of any physical sign of stress or illness you may develop. Seek your doctor if you feel your grief is affecting your health.

Support others in their grief. Offer support to other family members & friends who are also grieving, including children. Be honest with children about what happened & how you feel. Encourage them to talk about their feelings.

Come to terms with your loss. Move towards acceptance of the death of your loved one. Work through feelings of bitterness & anger which may get in the way of moving forward in your life.

Friends can help by...

Being a supporter, help with things such as meals,
Being flexible. Accept your need to feel emotional & to set aside routine activities,
Encouraging your involvement in social activities, groups, hobbies, etc.
Friends can also help by encouraging you to seek professional help if needed.

LIFE AFTER LOSS

Violence Against Older Persons (24x36 poster display)

What are the Warning Signs?

- If they tell you or others they are being harmed.
- Signs of depression or anxiety.
- May be unattended & upset.
- Fearful around certain people.
- Become passive & very compliant.
- Become socially withdrawn & isolated.
- Show changes in hygiene or nutrition.
- Unexplained physical injuries or repeated accidents.
- Show signs of neglect. Lack of food, clothing & other necessities.
- Unusual bank withdrawals or lack money for needed items.
- Puts herself/himself down & has feelings of guilt & blame.

Never Ignore Violence & Abuse!

For support, contact your local police department at Western Health 411 (780)-544-3001 or 1-888-227-2727.

Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Anger (Adults) 24 x 36 poster display

Feeling Angry is a normal reaction to things beyond your control or it can mean you're under too much stress.

It's important to know the difference between feeling angry sometimes or all the time. Feeling angry sometimes is normal & healthy. Feeling angry all the time can lead to loneliness, depression & cause serious physical health problems.

Managing Anger
- Look for a real solution instead of revenge.
- Avoid attacking & blaming. Focus on the behaviour that triggered your anger, not the person.
- Express feelings & needs using "I" statements: "I feel angry when ____ (what happened) because ____ (why it upset you) & I would like ____ (a solution to the problem)."
- Avoid "you" statements as they make people defensive. "You always tell me what to do", "You never listen to me".
- Use physical activity & relaxation techniques. Walking, yoga, deep breathing, counting to 10, journal writing, etc.
- Stand up for yourself when you feel something isn’t fair.
- Walk away or give yourself a ‘time out’ but don’t give the silent treatment.
- Control your reaction. Be aware of the power of body language. Use a firm voice with your normal tone. Make eye contact & keep a good amount of space (arm length).

For Help, talk to a trusted adult about the way you feel.

Anger (Youth) 24 x 36 poster display

Feeling Angry is a normal reaction to things beyond your control or it can mean you’re under too much stress.

It's important to know the difference between feeling angry sometimes or all the time. Feeling angry sometimes is normal & healthy. Feeling angry all the time can lead to loneliness, depression & cause serious physical health problems.

Managing Anger
- Look for a real solution instead of revenge.
- Avoid attacking & blaming. Focus on the behaviour that triggered your anger, not the person.
- Express feelings & needs using "I" statements: "I feel angry when ____ (what happened) because ____ (why it upset you) & I would like ____ (a solution to the problem)."
- Avoid "you" statements as they make people defensive. "You never let me do anything".
- Use physical activity & relaxation techniques. Walking, yoga, deep breathing, counting to 10, journal writing, etc.
- Stand up for yourself when you feel something isn’t fair.
- Walk away or give yourself a ‘time out’ but don’t give the silent treatment.
- Control your reaction. Be aware of the power of body language. Use a firm voice with your normal tone. Make eye contact & keep a good amount of space (arm length).

For Help, talk to a trusted adult about the way you feel.

Information adapted from www.kidshelpphone.ca

Do you need more help? Contact your local Mental Health & Addiction Services Office.

Mental Health Crisis Line 1-888-737-4668
NL Health Line   1-888-709-2929
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Self Esteem (24x36 poster display)

Cyberbullying (24x36 poster display)
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Coping with Illness (24x36 poster display)

Coping with Illness

Use your Mind to Manage Illness.
There is a strong link between mental & physical health.

Unhappy feelings, depression & anger are normal responses to illness.
Just like pain or fatigue, learning to deal with them is important for healing to occur.

Positive Ways to Cope with Difficult Feelings:
- Learn to communicate feelings using "I" statements.
- Know your limitations, realise you may not be able to do everything you did before but you can still do many things.
- Focus on things you can still do & on the things that make you feel good.
- Continue daily activities even if you don’t feel like it (e.g. get dressed, cook meals).
- Visit or call friends & family. Plan an outing with relatives or friends.
- Volunteer – Join a support group or get involved in the community.
- Look to the future & make plans for things you will enjoy.
- Make a list of rewards that you can look forward to each day.
- Take care of yourself. Exercise everyday, get enough sleep & eat healthy.
- Practice Relaxation Techniques – Deep Breathing, Stretching, Guided Imagery, Visualization, Progressive Muscle Relaxation, Meditation.
- Use Positive Self-Talk – Say “I know I can” instead of “I just can’t do…”
- Seek Professional Help if you feel like hurting yourself or someone else or if unhappy feelings last more than a few weeks. Talk to your doctor about depression.

For more information or support, contact your local Mental Health & Addiction Services Office.
Mental Health Crisis Line: 1-888-727-4455
NL Health Line: 1-800-720-2922

Coping with Financial Stress (24x36 poster display)
10 Tips for Growing up Resilient (24x36 poster display)

1. **Build Supportive Relationships.** A good support system is key.
2. **Learn to Manage Difficult Emotions.** Such as anger or anxiety.
3. **Get Involved!** Think about what you can do to help others.
4. **Think about areas of your life you can be passionate about & Pursue your Dreams!**
5. **Be an optimist!** Think positive thoughts & have a hopeful attitude.
6. **Know your “real” friends.** The ones you can trust to tell anything & you feel you can be yourself around.
7. **Be Curious!** Realize there are many ways of viewing the world.
8. **Relax!** Take time to do the things you enjoy & learn how to calm down on bad days.
9. **Learn new things!** The more you know the more confident & independent you feel.
10. **Ask for Help!** Reach out to family, friends, someone you trust or call:
    - NL Health Link: 1 888 444 6453
    - Kids Help Line: 1 800 866 4534
    - www.healthlink.nl.ca
    - www.kidslink.nl.ca

For more information visit: www.healthlink.nl.ca
For support, contact your local Mental Health & Addictions Services Office.
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
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tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Depression (24x36 poster display)

DEPRESSION
Depression is one of the most common & most treatable Mental Illnesses.

Signs & Symptoms
- Feeling sad or down
- Loss of interest in activities
- Lack of energy or fatigue
- Feelings of emptiness or worthlessness
- Difficulty concentrating or making decisions
- Changes in appetite or weight gain
- Feelings of hopelessness or helplessness
- Difficulty sleeping or sleeping too much

How Can You Help Someone?
- Treat the person with respect. Talk in a calm & accepting manner.
- Encourage them to talk. Let them know you are there to help.
- Be sensitive. Don’t blame, criticize, criticize, or show anger.
- Offer consistent emotional support & understanding.
- Be a good listener & listen without becoming upset.
- Don’t tell someone to just get better, “hang in there” or “get over it”.
- Have realistic expectations. Don’t expect them to overcome their problems.
- Give the person hope for recovery. Celebrate small victories & achievements.

For further information or support, contact your local Mental Health & Addictions Services Office.

For immediate help, contact your local Emergency Department or Police.

Mental Health Crisis Line 1-888-722-4663
NL Health Line 1-888-769-2828

Holiday Stress-Less Tips
The holidays can be both joyful & stressful. It reminds us of family, friends & good times but can be difficult for people who are away or have lost loved ones. The holidays also bring overindulgence—people spend more money, eat more food & drink more alcohol.

Here are some tips to beat the holiday stress & avoid overindulgence:
1. Spend time with others to get the most out of this holiday season.
2. Enjoy foods you love — choose a balance between healthy foods & treats.
3. Set priorities to stay on budget — gifts, decorations, food & entertainment.
4. Give the gift of kindness — help & give others.
5. Make the sober choice — enjoy non-alcoholic drinks for any occasion.

If you choose to drink or serve alcohol:
- Take your time, drink lots of water & eat before you drink alcohol.
- Only take as much as you can handle. You may be impaired the next morning.
- Be the perfect host — help arrange rides, don’t serve, offer non-alcoholic options (Mocktails).
- Don’t drink & drive — arrange a safe ride home — make a cab, arrange a designated driver or stay the night.

Relax, breathe & enjoy

Revised February 2012
Impaired Driving - Mock Crash Poster (24 x 36 poster display)

Depression & the Brain
Addiction & the Brain (24 x 36 poster display)

Snowmobile Safety (24 x 36 poster display)
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)

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Mocktails (24 x 36 poster display)
Applying the Circle of Health – Healthy Aging Example (24x36 poster display)
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Strengthening Families for the Future Display (three 18 x 22 panels)

**How does the Strengthening Families Program Work?**
- Families meet together for three hours once a week for 14 weeks.
- Each week begins with a shared meal, followed by a skill-building group for parents & a separate skill-building group for children.
- Each week ends with the children & adults together in one large group. There is material each week to help families practice at home.
- This program helps families build strengths & learn how to handle potential problems.

**What is Strengthening Families for the Future?**
Strengthening Families for the Future is a skills-based prevention program for families of school-aged children (aged 3 to 11) & their parents, who may be at risk for substance use or mental health issues.

“I found this program wonderful & rewarding.”

**What will the program offer my family and me?**
- Your family will learn how to better communicate with each other.
- Adults will learn & have opportunities to practice different parenting skills.
- Children will learn ways to get along.
- Your family will enjoy fun activities together.

“Knowing them you love them is not the same as showing them.”

**Goals of the Strengthening Families Program**
- Reduce children's intention to use alcohol and other drugs & reduce other behavioral problems.
- Increase family structure.
- Increase children's resilience & life skills.
- Encourage positive interactions & effective parenting.

“ valuable to see parent/child relationships strengthened, learning so valuable.”

**Elder Abuse Display (three 24x36 panels)**

**Types of ELDER ABUSE**
- Emotional abuse or neglect of older adults & dependents.
- Physical or sexual abuse.
- Financial exploitation.
- Healthcare provider neglect.

**It's Time to Face the Reality**
- Abuse or neglect of older adults & dependents.
- Often goes unnoticed.

**Tips for Seniors**
- Don't feel pressured to make decisions alone.
- Report any concerns to a trusted family member or friend.

**Never Ignore Elder Abuse!**
- If you see something, say something.

**What are the Warning Signs?**
- Changes in behavior.
- Unexplained injuries.
- Financial losses.

**For more information, please contact:**
Cathy Wheeler-Walsh, Victorian Addiction Prevention Consultant
634-6565
cathywheeler@westernhealth.nl.ca

Tara Welsh, Wellness Facilitator
637-5030 Ext. 1120
tarawelsh@westernhealth.nl.ca

NO cost to participate
FREE family meal
Childcare & Transportation provided

Revised February 2012
# Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921) 
[mailto:tarawelsh@westernhealth.nl.ca](mailto:tarawelsh@westernhealth.nl.ca) or [mailto:cathywheeler@westernhealth.nl.ca](mailto:cathywheeler@westernhealth.nl.ca)

## Toolkits

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<td>Prevention &amp; Promotion Activity Pack</td>
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| Bullying Prevention Toolkit | Amy Young, Communities in Schools [mailto:cisamyyoung@hotmail.com](mailto:cisamyyoung@hotmail.com)  
639-1730 | Victoria Jones, Western Regional Coalition to End Violence [mailto:wrcev@nf.aibn.com](mailto:wrcev@nf.aibn.com)  
634-6606 | Ulrica Pye, Western Health [mailto:ulricapye@westernhealth.nl.ca](mailto:ulricapye@westernhealth.nl.ca)  
632-2919 | Tara Welsh, Western Health [mailto:tarawelsh@westernhealth.nl.ca](mailto:tarawelsh@westernhealth.nl.ca)  
637-5000 ext. 6692 |
| FASD Tool Kit |  |  |
| Binder with information and activities |  |  |
- Healthy Relationships Resource Kit (Resource bin and binder with activities)

- Standard Drink Kit (2 Wine Glasses, 2 Beer Glasses, 2 High Ball Glasses)
  Based on the low-risk drinking guidelines, this activity is used to demonstrate the amount of alcohol in 1 standard drink of wine, beer and liquor.

- Impaired Driving Kit (remote Control ATV, Blocks for Obstacle Course, Beer Goggles)
  This is an interactive activity used to demonstrate the difficulty of driving impaired.
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Banner Bugs
(22” x 79”)
(30“ x 80)

Mental Health Week
www.cmha.ca

Mental Illness Awareness Week
1 in 5 Canadians will be affected by mental illness.

Take control of your Health.
Take care of your Mind.

Recovery is Possible!

www.mwca.ca

Addictions Awareness Week
How are you affected
by alcohol, other drugs or gambling?

Talk about it!
Change is possible.

www.miaw.ca

Community Addictions Prevention and Mental Health Promotion
CAPMHP Fund
Key Priority Areas:
Reducing Alcohol Related Harms
Activities to reduce the risks associated with alcohol use.
Developing Supportive Communities
Communities working together to prevent substance use and promote positive mental health.
Mental Health Promotion
Enabling people to take control over and improve their own mental health.
Recreational Activities
Providing activities for people to interact in a safe, supportive, substance-free environment.
Child/Parent/Family Development
Providing education and skill building programs to support the healthy development of children, parents and families.

Mental Health & Addiction Services
Community Addictions Prevention and Mental Health Promotion Fund

Prevention & Health Promotion Services
Research and Project Consultation
Access to Resources
• Informational Displays
• Best Practice Information
• Presentations & Programs
Awareness Workshops
• Workshops and Presentations
Skills Development
• Workshops and Presentations
Prevention Training
Community Addictions Prevention & Mental Health Promotion Fund (CAPMHP)
Services Available to:
• Individuals
• Families
• Communities
• Organizations &
• Professional groups

For support, contact:
Regional Addictions Prevention Consultant
Regional Mental Health Promotion Consultant
or visit www-getuponit.ca.

Banner Bugs
(22” x 79”)
(30“ x 80)

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Communities working together to prevent substance use and promote positive mental health.
Mental Health Promotion
Enabling people to take control over and improve their own mental health.
Recreational Activities
Providing activities for people to interact in a safe, supportive, substance-free environment.
Child/Parent/Family Development
Providing education and skill building programs to support the healthy development of children, parents and families.

Mental Health & Addiction Services
Community Addictions Prevention and Mental Health Promotion Fund

Prevention & Health Promotion Services
Research and Project Consultation
Access to Resources
• Informational Displays
• Best Practice Information
• Presentations & Programs
Awareness Workshops
• Workshops and Presentations
Skills Development
• Workshops and Presentations
Prevention Training
Community Addictions Prevention & Mental Health Promotion Fund (CAPMHP)
Services Available to:
• Individuals
• Families
• Communities
• Organizations &
• Professional groups

For support, contact:
Regional Addictions Prevention Consultant
Regional Mental Health Promotion Consultant
or visit www-getuponit.ca.
Health Promotion Resources – Addiction Prevention & Mental Health Promotion
To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

Banners (2 ½ x 4 ft)

Prevent Suicide
No More Secrets - No More Shame - No More Suicides
TOGETHER WE ARE STRONGER

Prevent Suicide
What you Know Could Save A Life
Know the Warning Signs
<table>
<thead>
<tr>
<th>Presentation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Coping with Stress for Teens" /></td>
<td>Presented By: Developed by Prevention and Promotion Mental Health &amp; Addiction Services, Western Health</td>
</tr>
<tr>
<td>Relaxation</td>
<td>Presented by: Developed by Prevention and Promotion Mental Health &amp; Addiction Services, Western Health</td>
</tr>
<tr>
<td><img src="image2" alt="Self-Esteem" /></td>
<td>Presented by: Developed by Prevention and Promotion Mental Health &amp; Addiction Services, Western Health</td>
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Healthy Relationships for teens

Presented by:

Developed by Prevention & Promotion Mental Health & Addiction Services, Western Health

Relationships are difficult & take time to get right!

Stigma

This presentation reviews the types of stigma, sources of stigma and facilitates discussion of ways to address stigma.

The presentation includes two videos.

Understanding Mental Health & Mental Illness

This presentation explores mental health and mental illness and how they interact. It provides opportunity for participants to test their own mental health knowledge and reviews many of the common myths associated with mental illness. Handout: “Test Your Mental Health Knowledge”.

Revised February 2012
<table>
<thead>
<tr>
<th>Building Your Mental Health One Support at a Time</th>
<th>This presentation supports the theme “Building your Mental Health One Support at a Time”. It looks at support as a foundation for positive mental health. Positive relationships at work; good neighbours; ties to your community and caring relationships with family and friends are all sources of support.</th>
</tr>
</thead>
</table>
| Life-Work Balance | This presentation looks at how to create balance in your life. It provides opportunity for participants to look at their own work-life balance and create a plan for balance.  
Handouts: Self Care Kit with various handouts and self-care cards, Work-Life Balance Quiz, Mental Health Meter |
| Myths of Mental Illness | This presentation explores the common Myths of Mental Illness. It provides opportunity for participants to test their own mental health knowledge. Handout: “Test Your Mental Health Knowledge |
| Strengthening Families Program | This presentation provides an overview of the Strengthening Families for the Future Program. It can be used to assist individuals or groups who may be interested in planning a SFP in their community. It outlines all aspects of the program and provides a step-by-step look at how to get started planning a program. |
### Mental Health & Addiction Services

This one-hour presentation provides an overview of Mental Health and Addiction Services in the Western Region.

### Drug Abuse Jeopardy

An interactive game about tobacco, alcohol, other drugs and gambling to use with any group.
<table>
<thead>
<tr>
<th>Supporting Your Work in Addiction: Addiction Awareness</th>
</tr>
</thead>
<tbody>
<tr>
<td>This two-hour presentation provides acute care health professionals with a fundamental understanding of addiction. It provides participants with a brief introduction to definitions, motivational interviewing, relapse prevention, concurrent disorders and harm reduction. The purpose of the presentation is to help health professionals identify areas of potential professional development opportunities.</td>
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<tr>
<td>Working with Addictions Issues: Laying the Foundation is a longer version of this presentation.</td>
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<tr>
<th>Schools and Substance Use: What do we do?</th>
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<tbody>
<tr>
<td>This one-hour presentation helps schools (administrators, teachers, staff) evaluate what their school is doing about student substance use and prevention. It also provides direction for future plans.</td>
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<tr>
<td>Student Substance Use and Gambling</td>
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<tr>
<td>Substance Use and the Workplace</td>
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</tbody>
</table>

Revised February 2012
**Understanding Mental Health and Mental Illness**

This two-hour presentation provides an understanding mental health and mental illness as well as myths associated with mental illness. It is useful as an anti-stigma presentation.

**Substance Use Prevention Initiatives**

At any time your Addictions Prevention and Mental Health Promotion Consultants can develop presentations outlining programs that may fit the needs of your community. This particular prevention presentation was developed for the HELP Committee in Burgeo and outlines 4 specific programs.

**Fetal Alcohol Spectrum Disorder: Understanding the Basics**

This one-day workshop provides an overview of FASD, the effects of alcohol during pregnancy, primary prevention and intervention strategies.
FASD & the Justice System

This one-day workshop provides professionals in this justice system with an understanding of how to respond to someone with a FASD. It also provides information on the struggles someone with a FASD may experience and practical solutions on how to support that person. It is recommended that someone in the justice system co-facilitate this workshop.

Working with Women Pre, During and Post Pregnancy

This two-hour presentation supports service providers in offering optimal care to women who may be using substances pre, during or post pregnancy. A combination of motivational interviewing and harm reduction techniques are applied.

CPHA

Presented by: Julie Crouse, Cathy Wheeler-Walsh, Cara Welsh, Tara Welsh

Developed by: CPHA Western Region

Fetal Alcohol Spectrum Disorder
A Guide for Justice

Working with Substance Involved Women: Pre, During and Post Pregnancy
Health Promotion Resources – Addiction Prevention & Mental Health Promotion

To book, contact Tara Welsh (634-4927) or Cathy Wheeler-Walsh (634-4921)
tarawelsh@westernhealth.nl.ca or cathywheeler@westernhealth.nl.ca

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<tr>
<th>MH Who Wants to be a Millionaire</th>
<th>CMHI</th>
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<td><img src="image2" alt="MH Who Wants to be a Millionaire" /></td>
<td>CMHI</td>
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<tr>
<th>Who Wants to Win? Violence and Abuse</th>
<th>HELP Committee</th>
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<tbody>
<tr>
<td><img src="image3" alt="Who Wants to Win? Violence and Abuse" /></td>
<td>HELP Committee</td>
</tr>
</tbody>
</table>

Revised February 2012
### Strengthening Families for the Future – Facilitator Training

This one-day training workshop provides an overview of the Strengthening Families for the Future Program. It outlines the various responsibilities of team members; it provides an opportunity to begin the team development process. Facilitators will become familiar with the program manuals and activities.

### Addictions Prevention and Mental Health Promotion 101

### Helping Skills Facilitator Training Program
### Motivational Interviewing: Guiding Clients Towards Positive Change

This is an interactive one-day workshop where participants learn how to apply motivational interviewing techniques and strategies. Motivational Interviewing is a client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. It is a non-confrontational approach that supports the client’s right to choose where they want to be and how to get there. This workshop has been adapted to various populations and issues. Check with your Regional Addictions Prevention Consultant for list of variations.

### The Fundamentals of Addiction

This one-day workshop provides an overview of drug classifications and effects, what is addiction, impacts of addiction on the family and treatment and recovery. This workshop also explores how to know if you or someone you know may have a problem with alcohol and/or drugs and how to provide support.
### Youth and Substance Use

This one-day workshop provides an overview of drug classifications and effects, the impact of drugs on youth and how to work with youth who may be involved with alcohol and/or other drugs.

### Case Management & FASD

This workshop explores possible intervention and case management techniques for children, families and workers involved with the child protection system.

### Gambling Awareness

This one-day workshop focuses on understanding the nature of gambling behaviour, as well as gambling trends and warning signs. It explores the impact of gambling on the family and gives participants an overview of recovery and community resources.