

ChatterHigh

Newfoundland and Labrador
Mental Health Resources

Question Booklet



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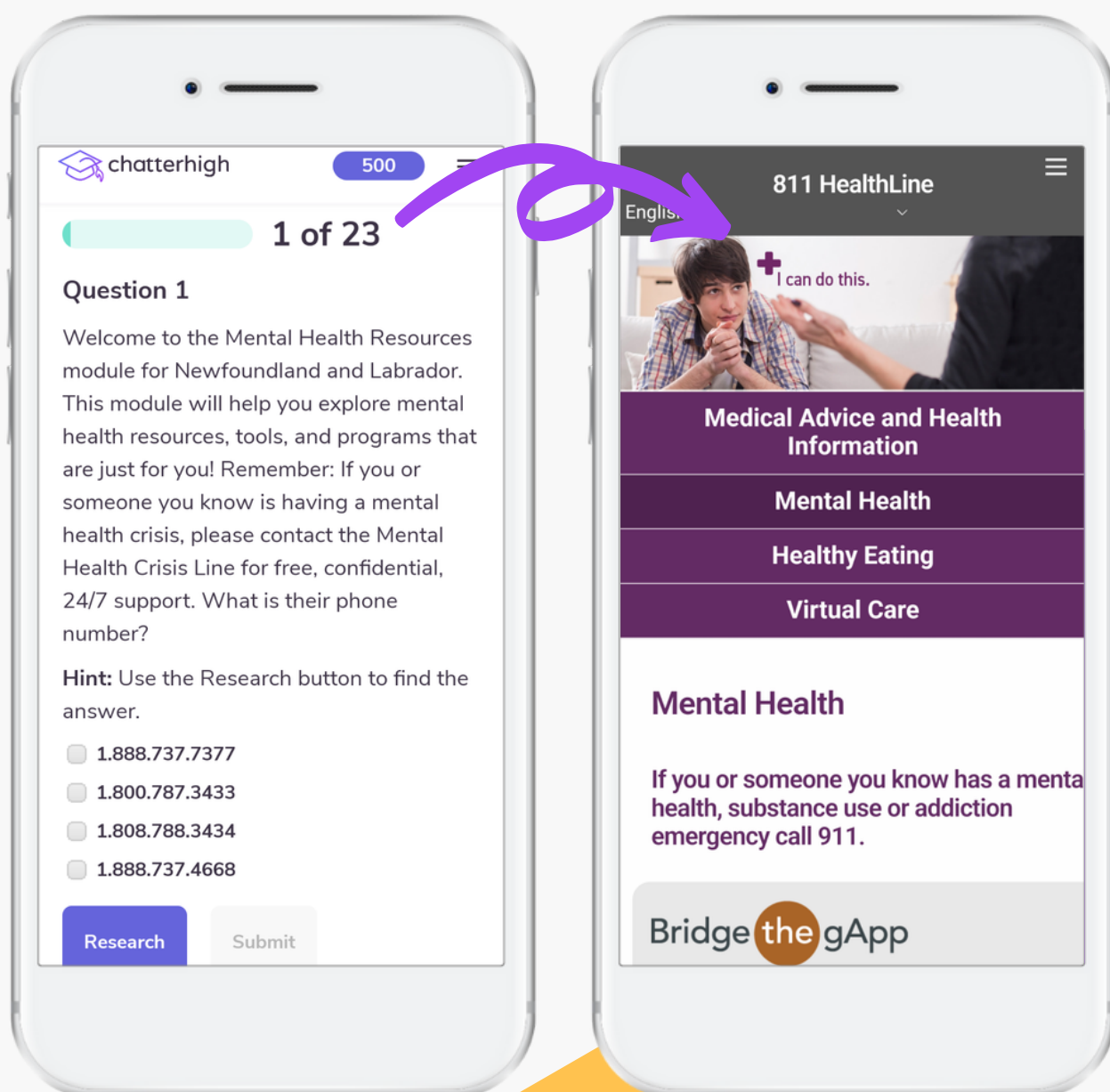
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How It Works

In this module, students receive a series of questions and corresponding research links. Each link leads students into the website of a leading national or provincial mental health organization, like Kids Help Phone or Bridge the gapp. As they search for the answer to our question, students build their knowledge and familiarity with mental health topics and discover valuable tools like help lines, counselling options, apps and activities, and more.



We're here to help!

Have questions? Want a demo?
Book a call, or send us an email.



Taylor Irving | Supporting Teachers

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Book a call (15, 30, or 60 mins)



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Newfoundland and Labrador Mental Health Resources Module

Topics and Resources

Topics:

- Provincial Resources and Services
- Apps and activities
- Counselling
- Mental Health Toolbox
- COVID-19 and Mental Health

Resources:

- Mental Health Crisis Line
- Bridge the gapp
- The Channal Warm Line
- Therapy Assistance Online (TAO)
- 811HealthLine
- MindWell-U
- The Government of Newfoundland and Labrador
- Strongest Families Institute (SFI)
- Doorways
- Body Diversity NL

NL Mental Health Resources Module

List of Questions

Welcome to the Mental Health Resources module for Newfoundland and Labrador. This module will help you explore mental health resources, tools, and programs that are just for you! Remember: If you or someone you know is having a mental health crisis, please contact the Mental Health Crisis Line for free, confidential, 24/7 support. What is their phone number?

1.888.737.7377

1.800.787.3433

1.808.788.3434

1.888.737.4668 (correct)

<https://www.811healthline.ca/mental-health/>

If you are not in crisis, but are still seeking telephone support, you can reach out to the Channal Warm Line. The Warm Line is a non-emergency, non-crisis telephone support and referral service. People with _____ receive training to operate this service. (Fill in the blank)

lived experience (correct)

no mental health problems

nothing to do

none of the above

<https://nl.bridgethegapp.ca/youth/service-directory/channal-warm-line/>

Bridge the gapp is a new way to connect with guidance and support for mental health and addictions in Newfoundland and Labrador. It offers self-help resources, links to local services, and allows the user to _____. (Fill in the blank)

apply for an internship at Bridge the gapp

chat with youth from around the world

share their own personal stories (correct)

all of the above

<https://nl.bridgethegapp.ca/youth/about-bridge-the-gapp/>

If you want to connect with a mental health service near you, Bridge the gapp's Service Directory for Youth can direct you to everything that is available in your region. How many resources are listed for Labrador-Grenfell?

90

95 (correct)

100

105

<https://nl.bridgethegapp.ca/youth/service-directory/>

"Your Space" is a part of the Bridge the gapp website that encourages you to share books, music, coping tips, and more with other youth in Newfoundland and Labrador. Make sure not to share identifying information about yourself or others. True or False: Posts that have identifying information are still accepted, but they are discouraged.

True

False. Only non-identifying posts will be accepted. (correct)

<https://nl.bridgethegapp.ca/youth/your-space/categories/coping-tips/>

When we experience hard times, it can be helpful to connect with other people who are going through hard times too. The Wall of _____ is a space for you to share your feelings and hopes anonymously with other youth, and to read about their hopes too. (Fill in the blank)

Wishes

Wellness

Hope (correct)

Joy

<https://nl.bridgethegapp.ca/youth/your-space/categories/wall-of-hope/>

Therapy Assistance Online (TAO) is an online program available in French and English, which combines online education materials with brief contact by phone, chat or video conferencing with a registered _____ to help improve your health and wellness. (Fill in the blank)

physician

counsellor (correct)

social worker

nurse

<https://nl.bridgethegapp.ca/youth/online-programs/tao-with-a-counsellor/>

Research shows that people who use TAO (Therapy Assistance Online) had greater reductions in anxiety and greater improvement in mental health, life functioning, and their sense of well-being than treatment-as-usual. True or False: Newfoundland and Labrador is the first province in Canada to deploy TAO.

True (correct)

False

<https://nl.bridgethegapp.ca/youth/online-programs/tao-with-a-counsellor/>

To find a community office offering TAO in your region, call the Provincial HealthLine at 811 for details. In the TAO program, you will meet with your counsellor each week to talk about your learnings from the TAO modules. Your time with the counsellor can vary, but is usually _____ minutes a week. (Fill in the blank)

between 40 and 50

between 5 and 10

between 10 and 20 (correct)

sixty

<https://nl.bridgethegapp.ca/youth/online-programs/tao-with-a-counsellor/>

The Government of Newfoundland and Labrador has partnered with MindWell-U to offer free mindfulness training. The ___ Day Mindfulness Challenge is an online, evidence-based curriculum shown by university researchers to lower stress, increase resilience and improve well-being, performance and optimism. (Fill in the blank)

15

30 (correct)

60

100

<https://app.mindwellu.com/newfoundland>

The 30 Day Mindfulness Challenge from the Government of Newfoundland and Labrador and MindWell-U starts every Tuesday, and only takes 5 to 10 minutes. True or False: The Challenge is only available in English.

True

False (correct)

<https://app.mindwellu.com/newfoundland>

Strongest Families Institute (SFI) is an award-winning charity that provides support to families, children, youth and adults seeking to improve mental wellness. Trained coaches provide telephone support that is customized to meet each of your unique needs. True or False: The programs are free and there is no wait to get started.

True (correct)

False

<https://nl.bridgethegapp.ca/youth/online-programs/strongest-families-program/>

Strongest Families Institute offers programs for middle and high school students. One of these programs is the Defeat Anxiety program, which helps you to cope with anxiety problems. The program offers _____ coaching. (Fill in the blank)

one-to-one

group-based

telephone

all of the above (correct)

<https://nl.bridgethegapp.ca/youth/online-programs/strongest-families-program/>

If you or someone you know needs someone to talk to, this service is easy to remember: Text 'TALK' to 686868! You will be connected through text with someone who will help with any issues--big or small. True or False: The service is available for free.

True (correct)

False

<https://nl.bridgethegapp.ca/adult/service-directory/crisis-text-line-text-talk-to-686868/>

BreathingRoom™ is an app and online program for people who want help managing

stress, _____ and depression. Your access to this app is sponsored by Bridge the gapp and the Government of Newfoundland and Labrador. That means you can download and use it for free. You just have to use a code to register. (Fill in the blank)
Hint: Scroll to "BreathingRoom™"

mood disorders

anxiety (correct)

financial problems

all of the above

<https://nl.bridgethegapp.ca/youth/online-programs/>

We can all take actions to improve our 'mood' or mental wellness. The mood meter is a creative way for you to think about how you are feeling and what actions you can take to improve your mental wellness. You can select the mood you are feeling, and the level of it you are feeling, on a scale of 1 to 5. Which of the following is not one of the mood options to select? Hint: Click the drop-down labeled "Anxious"

Stressed

Excited

Overwhelmed (correct)

Angry

<https://nl.bridgethegapp.ca/youth/toolbox/mood-meter/>

Bridge the gapp has Coping Cards that can help you relax. The first card explains how to practice "Deep Breathing." What does the third coping card explain?

Regressive Muscle Relaxation

Shallow Breathing

Visualization

Progressive Muscle Relaxation (correct)

<https://nl.bridgethegapp.ca/youth/toolbox/mood-meter/coping-cards/>

What's in your Mental Wellness toolbox? Bridge the gapp's Toolbox contains games, wellness apps, and more for you to use. Which of the following is not listed in their Toolbox? Hint: Hover over the purple "Toolbox" square to see the drop-down menu.

Mood Meter

Relaxation

Realization (correct)

Have Your Say

<https://nl.bridgethegapp.ca/youth/>

Doorways is a rapid access, single-session, walk-in counselling service with locations across Newfoundland and Labrador. Many of these locations are offering virtual and telephone sessions. Bridge the gapp offers a list of all the Doorways clinics. True or False: There are links to Google Maps so you can see where the clinics are.

True (correct)

False

<https://nl.bridgethegapp.ca/adult/service-directory/doorways-mental-health-walk-in-clinic-bay-roberts/>

Body Diversity Newfoundland & Labrador is an organization that promotes the value of diversity, inclusion, and positive body image. They provide valuable information on topics like body image, body diversity, and self-esteem. What is body diversity?

diverse feelings and perceptions about your body

different ways you measure your self-worth

the variety of physical differences that exist among people (correct)

all of the above

<http://bodydiversitynl.ca/the-network/body-image-you/>

The outbreak of COVID-19 may be causing you to experience a high degree of uncertainty, worry, anxiety and stress about the health and safety of your loved ones.

The Government of Newfoundland and Labrador offers a list of suggestions for Managing Stress During the Pandemic. One of these suggestions is to avoid _____

overload. (Fill in the blank)

safety

information (correct)

shopping

exercise

<https://www.gov.nl.ca/covid-19/files/Managing-Stress-During-the-Pandemic.pdf>

The Government of Newfoundland and Labrador lists 4 resources that are particularly helpful for taking care of your mental health during the COVID-19 pandemic. You have already explored some of these resources in this module, and you can explore the rest in the remaining Mental Health modules! Which of the following is not one of the listed resources? Hint: Scroll to "Taking Care of Your Mental Health"

BreathingRoom

Anxiety Canada

Bridge the gapp

Kids Health (correct)

<https://www.gov.nl.ca/covid-19/youth/>

Thank you for completing the Newfoundland and Labrador Mental Health module! We encourage you to take advantage of the supports that are available if you or someone you know needs help. One last question: What number can you call to reach the province's HealthLine for free and confidential help?

411

611

811 (correct)

101

<https://www.811healthline.ca/mental-health/>

Next Steps?

1. Visit ChatterHigh.com, create an account & have your students do the same.
2. You create a class; your students join.
3. Check out your "Mindful Modules."
4. Start quizzing!

Remember to send us your feedback at info@chatterhigh.com