

HOPE RISING

The Office of the Children's Advocate
Suicide Prevention Information

FALL-WINTER 2013

PROMOTING LIVING...AND THRIVING!

Helping Your Friends

"It hurts to see someone you care about suffer. If someone you know is talking about dying, **you can help** by being a good friend.

You might notice a sudden change in the way your friend acts. They might seem **ANNOYED** or **irritated** all of the time, or act like they don't care about anything. **You might hear excuses** about why your friend can't hang out with you. You might notice that your friend is not taking care of themselves; they might **stop showering** or seem **tired all of the time**. Your friend might start **taking risks**, or **giving away things** that you know are important to them...In some cases, you might notice that your friend seems suddenly over-energetic or happy.

It's important to remember that someone who talks about ending their life probably doesn't want to die, but wants to express that they're suffering. Talking about it is a warning sign, but **THERE IS HOPE.**"

Read the whole article about how to help your friends here: <http://kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Suicide/Helping-a-Friend.aspx>



United Nations Convention on the Rights of the Child
Article 6

You have the right to not only live, but thrive!

Klinik Community Health Centre and the Winnipeg Regional Health Authority partnered to produce a great resource called, **Are You Okay?** The booklet suggests ways to look at ourselves and how we are feeling about life. Here is an excerpt:

What do you say when someone asks, "How are you?" or "Are you okay?" Most of us respond with answers that are fairly general and vague – usually a simple "Fine" or "Okay". We rarely tell people how we really feel and or take time to ask ourselves this question.

Have you ever stopped to ask yourself these questions–

How am I? How am I really doing?

Am I enjoying life or am I struggling and just getting by?

Am I happy with myself and my relationships?

Do I feel fulfilled?

Do I feel my life has meaning and purpose?

These are hard questions to ask and may be challenging to answer. But asking and answering these questions are necessary to ensuring good mental health.

Most people are pretty aware of what goes into being physically healthy and most of us take steps to improve our physical health. How much attention do you pay to your mental health?

Find the whole booklet here: http://www.wrha.mb.ca/prog/mentalhealth/files/AreYouOkBrochure_e_final.pdf

so no matter what
you been through
no matter what you into
no matter what you see
when you look outside your window
brown grass or green grass
picket fence or barbed wire
never ever put them down
you just lift your arms higher
raise em till' your arms tired
let em' know you're there
That you struggling and survivin'
that you gonna persevere

Lupe Fiasco -
The Show Goes On

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So what is positive mental health?

The Public Health Agency of Canada says that

positive mental health is:

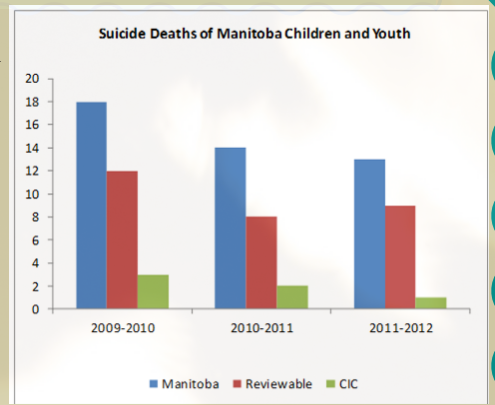
“...the capacity for each of us to feel, think and act in ways that enhance our ability to **ENJOY LIFE** and deal with the challenges we face.”

Source: <http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/faq-eng.php>

WHAT DO THE NUMBERS SHOW?

The **Office of the Children's Advocate** (OCA) publishes an annual report that includes an overview and analysis of suicide deaths of young people in Manitoba.

In 2011-2012, 13 children and youth died by suicide. This represented 9% of Manitoba deaths of young people.



So what do the experts have to say?

Young people will have more **resilience** when they have a say in the resources made available to them.”

Resilience Research Centre
<http://www.resilienceproject.org/>

So what do the experts have to say?

Flourishing mental health requires:
Positive emotions
Engagement
Relationships
Meaning/Purpose
Accomplishment

Dr. Martin Seligman, 2011
<http://www.authentichappiness.sas.upenn.edu/default.aspx>

“So when you feel alone in the nighttime, just know that **you ain't never on your own** Cuz everybody goes through their lows, and I just want you to know - just know that **I believe in you like you believe in me**”

Mike Stud, *Past Gone*
Watch the beautiful video and story of how one artist reached out to a youth who needed support here:
<http://youtu.be/AQtAUxuQkc>

So what do the experts have to say?

“Day by day goes by
A little girl still slowly coping
She has a hard time saying bye,
She's hoping.”

Excerpt from the poem, *Slowly*, shared with us by a Manitoba youth in care

“An estimated 1.2 million Canadian children and youth are affected by mental illness—yet less than 20 per cent will receive appropriate treatment.”

Read more about the work of Mental Health Commission of Canada here:
<http://www.mentalhealthcommission.ca/English>

Resilience is:
HEALTH DESPITE ADVERSITY

Masten, A. S. (2001). Ordinary magic: Resilience processes in development. *American Psychologist*, 56(3), 227-238.

“Setting a goal is not the main thing. It is **deciding how you will go about achieving it and staying with that plan.**”

Tom Landry

“Empowering youth, educators and health professionals with a better understanding of mental health can help alleviate the social and economic impact of some mental health disorders. Programs that provide youth and their families with the much-needed opportunity to discuss and address issues affecting mental health—before they become a problem—can help to ensure healthy **development.**”

Learn more about the Mental Health Commission of Canada <http://www.mentalhealthcommission.ca/English>

“I can't make them change their ways but I know I can change bad to good days.”

Excerpt from the poem, *News Flash*, shared with us by a Manitoba youth in care

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