

Supports for Girl & Guiders for Challenges

Resources for Guiders to facilitate while doing the challenge as well as resources for girls to access outside of the meeting.

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As a Guider if you want to increase your knowledge of different mental health triggers and want to learn some basic information of different mental health disorders visit the mental health 101 platform on CAMH website. Here you can create a free account and take a couple short, virtual, self led, courses on different mental health issues.

Some of the courses offered are:

- Youth and Mental Health
- Depression 101
- Anxiety Disorders

- Addiction 101
- Youth and Technology

Trigger Information

It's important to remember that triggers are different for different people, and that triggers can be obvious or unobvious and very subtle. This makes them very hard to avoid.

Often, it's very difficult for people to notice that someone has been triggered, especially on a zoom call. The individual may not even realise that they have been triggered by something.

We all have our own triggers, which may be different or similar to others.

- That is why it is important to have discussions with young people about what their triggers are and what they can do to manage them.
- Not everyone has the training to have these difficult conversations, so referring to services in your community (who specialize in providing mental health support) is often the best way to go about this.

When young people have an awareness of their triggers and can manage them by using coping strategies they have learned, they will be more resilient when faced with their triggers.

With that being said, not every young person will have the ability to work on managing their triggers (sometimes it requires going to counselling and not everyone can do so) so it is helpful to be sensitive to peoples' triggers and mindful of the possibility of triggering someone.

Examples of Triggers

- Domestic Abuse
- Substance Abuse/ Addiction
- Low Income
- Eating Disorders
- Self-harm
- Suicide
- Eating disorders or disordered eating behaviours
- Abuse (all forms: physical, emotional/psychological, verbal, sexual, and neglect)
- Bullying
- Violence (i.e. domestic violence)
- Anniversary dates of traumatic events or losses

- Certain smells, tastes, noises (i.e. loud noises)

General Wellness Activities:

You may not feel well equipped to lead activities centred around the topic of “triggers,” but you can still engage in overall wellness activities such as:

- Journaling
- Yoga, mindfulness, meditation
- Breathing exercises
- Art or play-based activities
- Self-care (Printable poster with self-care ideas:

<https://mindyourmind.ca/printouts/self-care-tips-english-french-arabic-punjabi-and-spanish>)

- All of the activities listed above can be used to better one’s mental health and cope with triggers

- Explore Mind Your Mind’s interactive resource: myToolkit:

<https://mytoolkit.ca/>

Which was designed to help educate young people about mental health and wellness.

How to Facilitate Difficult Topics in Meetings:

(for example mental health, food insecurity, domestic abuse, addiction, poverty, other global issues)

If you are wanting to have these discussions during your meetings, we suggest having a mental health professional be present to lead them.

- Begin by acknowledging and explaining that it's okay to feel sad, upset, stressed, etc, and to make sure they know that they can take a break and do whatever they need to do to settle themselves.
- Ask that they be mindful of their body, mind, feelings, so that they can know if they become triggered and can deal with it
- Include breaks that include moving your body. This is because one of the things that can happen when you are triggered is that you start to disassociate from your body, and get caught up in your head.
 - Examples include: stretch breaks, simple meditative breaks (an example of this is an exercise like placing your feet on the ground and imagining picking your favorite color to draw an outline around each of your feet).
- As well, make sure you debrief following these difficult conversations:
 - Ask your unit how they are feeling through a check out activity
 - Provide your audience with local crisis/mental health helplines/resources from this list
 - Manitoba Crisis Numbers: <https://www.gov.mb.ca/health/mh/crisis.html>

- Encourage your girls to partake in self-care after the meetings

Mental health/wellness is about more than the absence of mental illness

How each of us defines our mental health/wellness can be very different and quite individualized

Our mental health is on a continuum- how we feel fluctuates day to day and what is “normal” for us may be different for someone else

It is important to be proactive in taking care of your mental health and wellbeing

- When you consistently take care of your mental health, you will be better equipped to manage life’s harder moments

- Taking care of your mental health includes taking care of your physical, social, spiritual and emotional health as well (these dimensions of your wellbeing are all interconnected and impact one another - when one area is not being taken care of then the other areas will be negatively impacted)

- Additional resources from mindyourmind:

- Free mood tracker app:

<https://mindyourmind.ca/tools/mood-mindyourmind>

- Printable mental health workbook:

<https://mindyourmind.ca/tools/anchor-english-french-and-arabic>

- Help pages from our website: <https://mindyourmind.ca/help>

Interactives tool you can play with the group (these can be fun ways to start the conversation around mental health):

- Mental Health and Wellness Trivia game:

<https://mindyourmind.ca/tools/reach-out-8-bit>

Resource Links

Mental Health/General Resources

Find Resources Near You <https://mb.211.ca/>

Kids Help Phone Always There App

<https://apps.apple.com/ca/app/always-there/id579718991>

Bounce Back for Youth Program. It is a coaching service over the phone.

<https://mbwpg.cmha.ca/programs-services/bounce-back-for-youth/>

Facts about Girls PDF (self confidence, sexual assault, girls’ mental health)

<https://canadianwomen.org/wp-content/uploads/2017/09/Facts-About-Girls.pdf>

Kids Help Phone information if girls need to talk to someone after the meeting.

<https://kidshelpphone.ca/>

Map of extra resources for girls

https://apps.kidshelpphone.ca/resourcesaroundme/search.html?q=&category=&location=winipeg_manitoba

COVID-19 Resources

How to Talk to Children About COVID-19

<http://tcfcanda.net/wp-content/uploads/2020/03/How-to-Talk-to-Children-.pdf>

Suicide Resources

How to Talk About Suicide Language Guide

<http://www.camh.ca/-/media/files/words-matter-suicide-language-guide.pdf?la=en&hash=9C06C63A7664D3F5A6FF41D3E94D66BEEB980B3B>

Crisis Phone Lines <http://klinik.mb.ca/crisis-support/>

How to Approach a Girl About Suicide/Signs of Suicide

<http://www.mooddordersmanitoba.ca/resources/suicide/>

Suicide Bereavement <https://trauma-informed.ca/traumatic-grief/suicide-bereavement/>

Dealing with Thoughts of Suicide? <https://www.healthline.com/symptom/suicidal-behavior>

Trauma Resources

The Manitoba Trauma Information and Education Centre pamphlet

<http://klinik.mb.ca/wp-content/uploads/2020/07/MTIEC-Pamphlet.pdf>

Trauma Overview <https://www.heretohelp.bc.ca/trauma-and-stressor-related-disorders>

Resources for Anxiety/Panic Attacks

App for Dealing with Stress <http://calminthestormapp.com/>

Anxiety Disorders Overview <https://www.heretohelp.bc.ca/anxiety-disorders>

Supporting Girls with Anxiety

http://www.adam.mb.ca/files/Supporting_a_Friend_or_Family_Member.doc

Counselling Resources <http://www.adam.mb.ca/counselling-resources>

Bounce Back for Youth Program. It is a coaching service over the phone.

<https://mbwpg.cmha.ca/programs-services/bounce-back-for-youth/>

Coping with Anxiety http://www.adam.mb.ca/files/Coping_with_Anxiety_Hand-out.doc

Coping with Stress http://www.adam.mb.ca/files/COPING_WITH_STRESS.doc

Challenging Negative Thinking

http://www.adam.mb.ca/files/Challenging_Negative_Thinking_-_Teens.docx

10 Grounding Exercises: [Help Kids Manage Worry with These 10 Grounding Exercises](#)

Helping Someone Through a Panic Attack

http://www.adam.mb.ca/files/Helping_someone_through_a_panic_attack.pdf

Depression Resources

Some information about Depression as well as Signs of Depression

<http://www.mooodisordersmanitoba.ca/resources/depression/>

GOOD PLACE FOR A VARIETY OF TRIGGERS REGARDING MENTAL DISORDERS

<http://www.camh.ca/en/health-info/mental-health-101>

Tips for Overcoming Depression or Helping a Friend with Depression

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

Overview and Help with Depression <https://www.heretohelp.bc.ca/depression>

Covid 19 Coping Tips

<https://mindyourmind.ca/sites/default/files/assets/downloads/COVID-19-Tips-2020.pdf>

How's it Growing Tool for Personalized Positive Coping Strategies

<https://mindyourmind.ca/tools/how-s-it-growing-english-french-and-arabic>

Addictions Resources

Resource for girls whose caregiver(s) have substance abuse issues

<https://kidshelpphone.ca/get-info/how-can-i-cope-with-my-parent-caregivers-substance-use/>

Info About Alcohol <https://www.heretohelp.bc.ca/infosheet/learn-about-alcohol>

Mental Health and Substance Use Disorders

<https://www.heretohelp.bc.ca/co-existing-mental-health-and-substance-use-disorders>

Information on Different Substances that are Typically Addictive

<https://www.heretohelp.bc.ca/resource-library>

Dealing with Teen Addiction <https://kidshealth.org/en/teens/addictions.html>

Drug Abuse Facts

<https://www.teenchallenge.ca/get-help/educational-resources/drug-abuse-facts>

Unhealthy Relationships Resources

Pathfinder-Ranger Age Guider Toolkit

<https://www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf>

Guide Aged Guider Toolkit

<https://www.loveisrespect.org/wp-content/uploads/2016/08/middle-school-educators-toolkit.pdf>

Definitions of Healthy vs Unhealthy Relationships

<https://kidshelpphone.ca/get-info/healthy-relationships-vs-unhealthy-relationships/>

What abuse looks like and what to do about it

<https://www.loveisrespect.org/resources/types-of-abuse/>

Quizzes for Girls to Take on Relationship Healthiness <https://www.loveisrespect.org/quizzes/>

Youth Dating Violence <https://youthdatingviolence.prevnet.ca/>

Disordered Eating

Guider Resource for Talking about Body Image 11-14 year olds

<https://www.dove.com/ca/en/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html>

NEDIC Educator Brochure for Eating Disorders (Outside PDF)

NEDIC Approaching Friends Who May Have Eating Disorders

<https://nedic.ca/help-for-someone-else/>

Beyond the Myths <https://www.youtube.com/watch?v=Qp80hbqBrfQ>

Food Insecurity and Eating Disorders (Outside PDF)

Guider Background on Improving Body Image

<https://free-being-me.com/wp/wp-content/media/Free-Being-Me-Leader-Guide4.pdf>

Eating Disorders Overview <https://www.heretohelp.bc.ca/eating-disorders>

Death of a Friend or Family Member Resources

How to Help When a Child Dies Guider/Girl

<http://tcfcanada.net/wp-content/uploads/2020/06/How-To-Help-When-a-Child-Dies-FINAL.pdf>

Overview of Grief <https://www.heretohelp.bc.ca/grief>

Suicide Bereavement <https://trauma-informed.ca/traumatic-grief/suicide-bereavement/>

Grief Resource Library <http://palliativemanitoba.ca/education/resource-centre-and-library/>

Palliative Manitoba Telephone Bereavement Support 204-889-8525 or 1-800-539-0295
(Toll free)

https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Resource+Programs+and+Services/Provincial/Manitoba/Grief+services/Palliative+Manitoba+Telephone+Bereavement+Support.aspx#id_17e524502c59dcf536f2eae0413bea61

Support for Families of Fallen Soldiers

<https://www.cafconnection.ca/National/Programs-Services/For-Families-of-the-Fallen/Shoulder-to-Shoulder.aspx>

Suggested Reading for Families of Fallen Soldiers

<https://www.cafconnection.ca/National/Programs-Services/For-Families-of-the-Fallen/HOPE-Program/Resources/Resource-Guide/Recommended-Reading.aspx>

Sexual Harassment/Assault Resources

What is Sexual Assault? <https://kidshelpphone.ca/get-info/what-sexual-assault/>

How to Talk About Sexual Violence Prevention in Unit

<https://m.youtube.com/watch?t=1s&v=qvFwrsVdUYQ>

<https://www.youtube.com/watch?feature=youtu.be&v=EpkjihOsi-s>

What is Sexual Harassment and How to Cope

<https://kidshelpphone.ca/get-info/sexual-harassment-what-it-and-how-cope/>

Sexual Assault Crisis Counselling

<http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>

When Someone You Know Has Been Sexually Assaulted

<http://klinik.mb.ca/wp-content/uploads/2020/07/16084-Vic-SACP-Pamphlet-Reflex.pdf>

How to Recognize Sexual Harassment

<https://kidshelpphone.ca/get-info/how-recognize-sexual-harassment-everyday-life/>

How to Address Sexual Harassment When You See It

<https://kidshelpphone.ca/get-info/how-recognize-sexual-harassment-everyday-life/>

Sexting / Online Harassment

How to Manage Issues that Arrive from Sexting <https://needhelpnow.ca/app/en/>

Internet Safety for Young Kids <https://zoeandmolly.ca/app/en/>

Domestic Abuse Resources

Identifying Family Abuse

<https://kidshelpphone.ca/get-info/family-abuse-what-it-is-and-how-to-identify-it/>

Supporting Girls Exposed to Domestic Violence (Outside PDF)

Creating a Safety Plan <https://kidshelpphone.ca/get-info/safety-planner/>

Abuse is Wrong Booklet <https://www.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/aiw-mei/index.html>

Finding Services and Resources in Manitoba

<http://www.endingviolencemanitoba.org/need-help/>

Self Injury Resources

Calm Harm App <https://calmharm.co.uk/>

Youth and Self Injury <https://cmha.ca/documents/youth-and-self-injury>

Understanding Self Injury <https://teenmentalhealth.org/understanding-self-injury-self-harm/>

How Can I Help A Friend Who Cuts? <https://kidshealth.org/en/teens/friend-cuts.html>

Alternatives to Self Harm <https://youthinbc.com/youth-issues-2/self-harm/>

Ways to Stop Cutting

<https://www.medicalnewstoday.com/articles/324515#9-ways-to-stop-cutting>

Self Injury Overview <https://www.heretohelp.bc.ca/self-injury>

Bullying Resources

Call, Text, Email Bullying Canada <https://www.bullyingcanada.ca/get-help/>

Bullying Overview and Resources <http://www.mooddisordersmanitoba.ca/resources/bullying/>

How Can I Help Someone Who is Being Bullied?

<https://kidshealth.org/en/teens/expert-bullying.html>

Cyberbullying <https://kidshealth.org/en/teens/cyberbullying.html?WT.ac=t-ra>

Bullying in Your Unit

<https://www.girlguides.ca/web/Custom/BSIDocumentSelector/Pages/DocumentViewer.aspx?id=tbAvUQIA15yqFsDhUuM4gu%252fty2koLgxh0dkK5aD7XV0LY7rdpaiWoL8Fg5Iroemug8oD1aAQHgdRoac8xqX9bfiXRKSUCiLnLmLHSCf4KPUWff6t62uCRMntPa8xOs0OZVcBAFmAo%252fS8ISF5LPmfO5kMle8W%252bm002j9O0XI8u8kiU7A3LAeJNurxDqM9U>

Bullying Awareness and Prevention Hub <https://www.preynet.ca/resources/videos>

Food Insecurity

About Food Insecurity in Canada from Dietitians of Canada

https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/Food-Insecurity_one-pager_Eng.pdf?ext=.pdf

Eating Disorders and Food Insecurity (Outside PDF, see Disordered Eating)

Ways to help people with food insecurity

<https://uwkern.org/7-ways-to-help-people-who-are-food-insecure/>

How to talk to others about hunger/food insecurity

<https://www.littlegreenthumbs.org/2018/04/17/hunger-and-food-security-local-and-global/>

The resources for accessing healthy food are: Wolseley Family Place.

- Harvest Manitoba <https://www.harvestmanitoba.ca/need-help/>
- Selkirk Food Bank <https://www.facebook.com/Selkirk-Food-Bank-1123086997721727/>
- NorWest Co-op Community Food Centre <https://norwestcoop.ca/community-food-centre/programming/>
- Nine Circles Food Bank <https://ninecircles.ca/wp-content/uploads/2016/09/Food-Bank-Guidelines.pdf>
<https://ninecircles.ca/event-calendar/>
- Agape Table Services <https://www.agapetable.ca/services/>
- Riverwood Church Food Bank <https://www.riverwood.cc/neighbourhood-programs>
- Wolseley Family Place <https://wolseleyfamilyplace.com/what-we-offer/our-programs/nutrition/>

Website that can help people find accessible food [Food Resources & Food Banks Winnipeg | 350+ Resources](#)

Food Matters Manitoba [Food Matters Manitoba – Food Matters Manitoba](#)

A link to the Food Matters page with a list of resources to access healthy food [Find emergency & community supported food in Winnipeg – Food Matters Manitoba](#)

Access to Manitoba Healthy Eating Resources by Health Region

<https://www.gov.mb.ca/health/healthyeating/programs/index.html>

Food Security Manitoba

<https://www.gov.mb.ca/health/healthyeating/community/security.html>

How to Help with Food Insecurity <https://foodcommunitybenefit.noharm.org/resources>

Cost of Eating According to Nutritious Food Basket

https://professionals.wrha.mb.ca/old/extranet/nutrition/files/Professionals_Reports_FoodBasketReport.pdf

Learning About Food Insecurity <https://proof.utoronto.ca/food-insecurity/>

Mental Health

Are you feeling:

- overwhelmed
- withdrawn
- sad
- loss of control
- panicked
- depressed
- alone
- thoughts of suicide
- loss of interest in usual stuff



Feel stressed out?

- * Take deep breaths
- * Focus on the positive
- * Find time to cool out
- * Get your body moving
- * Eat something healthy
- * Do one thing at a time
- * Remember what you like to do
- * Talk to someone about it



IF YOU NEED HELP, CHECK OUT THESE PHONELINES AND WEBSITES!



**Make
time
For
FUN
and
REST
too!**

HELPING A FRIEND?

- ✓ LISTEN
- ✓ DON'T JUDGE

If helping family or friends becomes too much, it's OKAY to take a break and get your own support.

Asking about suicide will **NOT** suggest or encourage the idea. IT'S ALWAYS OKAY TO ASK.



Klinik Crisis Line
1.888.322.3019 or 204.786.8686

Manitoba Suicide Line
1.877.435.7170

Youth Mobile Crisis Unit
204.949.4777

Questions about meds? Call a pharmacist!
Shoppers Drug Mart—204.958.7000 24/7

