

Thought Bubble 2: Write down 5 words that describe what “**mental health issues for children and youth**” means to you from your perspective?

Complex; downplayed, not taken seriously; situations out of your emotional control


Dismissed; feel like an outlier; worries of incompetence; can hinder everyday life; clashing narratives about take care of self but no one really knows what that means; toxic positivity

Struggling; complex, misunderstood; dramatics – as being dramatic, you have nothing to complain about; detrimental; structural; domino/butterfly effect = builds up; toxic positivity

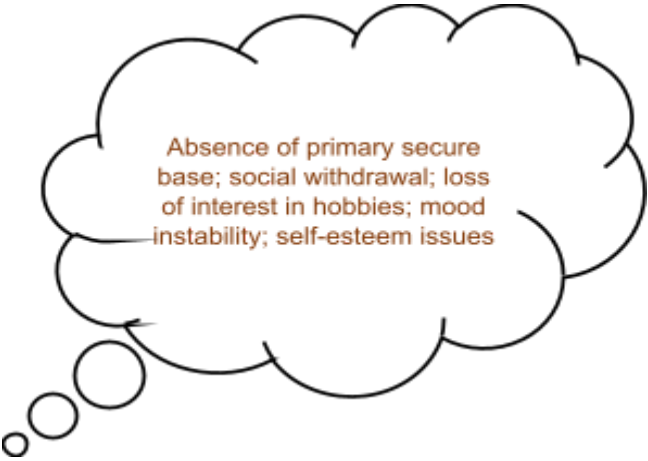
Being blamed for your own feelings; on a spectrum; toxic positivity; bullying; is attention-seeking; misunderstood; being “too sensitive”

Isolation; youth who have not struggled cannot relate to youth who have struggled with issues; resolvable; unique – everyone’s experiences (causes, etc.) are unique


“Man-up”; “I’ll give you something to cry about”; snowball effect – it piles up;




Accessibility; early intervention knowing/identifying when child going through something; school community resources; parenting; proper treatment plans



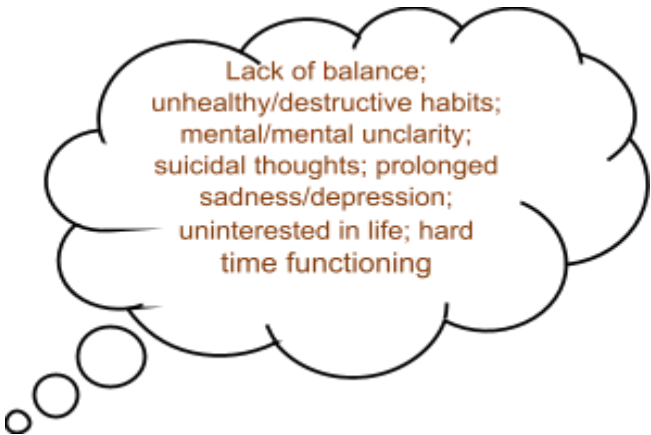
Absence of primary secure base; social withdrawal; loss of interest in hobbies; mood instability; self-esteem issues



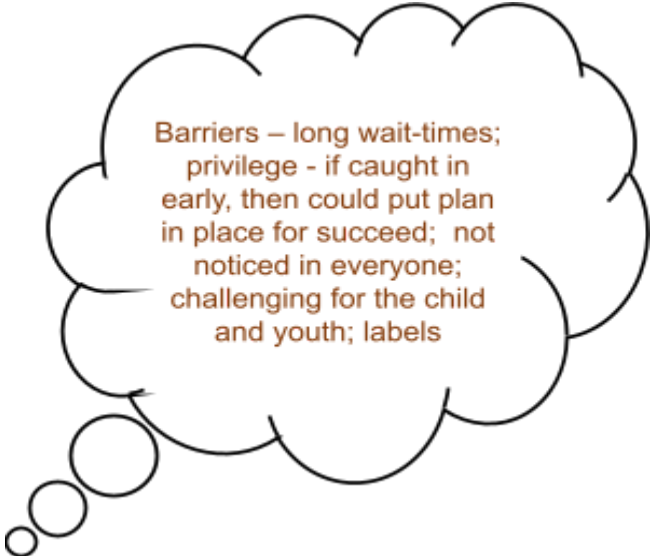
Different; difficult; not understood; not always accessible; diverse



Accessibility; misdiagnosed; side-lined; lonely for children and youth, angry



Lack of balance; unhealthy/destructive habits; mental/mental unclarity; suicidal thoughts; prolonged sadness/depression; uninterested in life; hard time functioning



Barriers – long wait-times; privilege - if caught in early, then could put plan in place for succeed; not noticed in everyone; challenging for the child and youth; labels