Mental Health Worksheet

Go to the website: [www.mindcheck.ca](http://www.mindcheck.ca) Foundry

1. Click on Info and tools
2. What is the Foundry’s 5 main mental health organizers?

The Foundry’s 5 main mental health organizers are Anxiety, Body Image and Eating, Low Mood and Depression, Questioning Reality, and Stress.

1. Click on Mood & Depression

Name 2 causes that can lead to depression?

2 causes that can lead to depression are life events or stress and mental illnesses or certain medications.

1. Take the Mood SELF-CHECK quiz.

1. Click on the link for social anxiety. Read the paragraph “Alexis Story”. What are the signs to look for?

Four Signs to look for are acting out at school and do impulsive things to attract attention. Another sign was that Alexis was lonely and later in high school, she got addicted to drugs and drinking. She was having good grades at school but as soon she had depression, her grades dropped in which she also dropped out of school.

1. Click on the link above for body image and eating. Click on the link for “Joana’s Story”.

1. Take the eating & body image and self-check.

1. What are tips to help reduce some of the risks associated with using substances?

Some tips to reduce the risks of having food are eating sugary foods occasionally, not drinking or taking drugs, trying rich and new foods, having proper exercise and fitness, being aware of how many calories are in that specific dish, and cutting food into smaller pieces.