

**UNOFFICIAL
YOUTH**



**SURVIVAL
GUIDE**

**MAINTAINING
M E N T A L
H E A L T H**

NEXT GEN MEN

There's a good chance you're the underdog in a matchup between the MMA heavyweight of a global pandemic combined with social distancing versus your mental health.

And there's nothing like seeing a flyweight take down a champion.

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PRACTICE SELF-CARE

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Social distancing can fuel a slow burn in mental health, which makes it hard to feel like self-care is valid. It's more important than ever to make time for yourself.

- 👉 Tune out the news
- 👉 Acknowledge your feelings
- 👉 Spend time with loved ones
- 👉 Find healthy distractions

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GET ENOUGH SLEEP

It's a lot easier to stay up late when you don't technically have school in the morning, but regular sleep is an important practice for mental health. Make a winding-down routine without your phone and aim for 8-10 hours a night.

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**"IT'S THE MIDDLE OF THE NIGHT. WHAT ARE YOU TALKING ABOUT?"
- MORTY**



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HELP SOMEONE ELSE

Looking out for others has a positive impact on your wellbeing. It's been proven to increase serotonin and decrease stress. See what help your neighbours might need. Look into local volunteering opportunities. Create random acts of kindness.

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**SEEK HELP IF
YOU NEED IT**

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Guys are expected to weather any storm, and sometimes it can feel like you've got to go down with the ship. You don't. If you're in a stressful spot or could just use someone to talk to, reach out.

- 👉 Kids Help Phone 1-800-668-6868
- 👉 YouthLine 647-694-4275
- 👉 Black Youth Helpline 1-833-294-8650
- 👉 Naseeha 1-866-NASEEHA
- 👉 Hope for Wellness 1-855-242-3310
- 👉 For in-person services in Toronto, look up What's Up Walk-in

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**KEEP YOUR
HEAD UP**

NEXT GEN MEN

**NEXT
GEN
MEN**

