

mindcheck.ca

Mental health is the primary health issue for young people. Knowing the signs of emerging mental health issues and taking action early can prevent problems from becoming serious.



Stop wondering. Start knowing.

About mindcheck.ca

mindcheck.ca is a teen and young adult-focused interactive website where visitors can check out how they're feeling and connect to support early and quickly. mindcheck.ca is early intervention-focused, designed to help youth to be aware of changes in their thoughts, feelings and behaviours that may indicate possible emerging mental health challenges. The goal of mindcheck.ca to enable youth to identify mental health challenges early on and to take action to prevent them from becoming more serious.

Tools and information

The website provides easy to use quizzes to help youth better understand what's going on with feedback that links them to recommended resources that are best suited to them. There is information on anxiety, social anxiety, depression, stress, substance use (alcohol and other drug use), psychosis, body image and eating problems. Support includes links to self-care tools and assistance in connecting to support and local professional resources. Families, friends and professionals who work with young people can learn how to support them. mindcheck.ca is optimized and accessible on a variety of mobile and touch screen devices.

History

mindcheck.ca initially began in 2009 as part of Fraser Health's Youth and Young Adult Mental Health and Substance Use Early Intervention Pilot Project in the communities of Surrey, White Rock, Delta, and Langley. In 2010, Fraser Health and Provincial Health Services Authority's BC Mental Health and Substance Use Services (BCMHSUS) formed a partnership to expand mindcheck.ca into a provincial website for youth.

With the promotional help of the Canucks, the provincial mindcheck.ca website was launched in January 2012. Within the first two years of the launch, mindcheck.ca received over 200,000 visitors, over 1 million page views and over 100,000 self-assessments (quizzes) had been done.



ever wonder?
why life seems so intense



Speak Up

In 2012, Speak Up was added to the mindcheck.ca website to provide an avenue for youth to share their experiences and tips for mental wellness. Funded by Coast Capital Savings, Speak Up centres on peer engagement and empowerment, with the aim of supporting young people to be the drivers of positive change in youth mental health.



Homepage characters and their stories



The homepage characters and video stories are designed to engage youth and strengthen the information on the site by creating a connection between the characters' stories and youth who visit the site. Bringing the characters' stories to life helps youth better recognize the early signs and changes in thoughts, feelings and behaviours associated with mental health challenges. Additional information about signs and symptoms is provided in the "What to Look For" pages.

Friends

Friends can make a world of difference to someone who is facing mental health challenges but may not know how they can best support a friend. The Friends section provides information about the early signs of a mental health problem; how to have a conversation about a friend's mental health; ways to support a friend as they are returning to wellness; and strategies for maintaining mental wellness.



OUR ASK:

Help promote mindcheck.ca to youth in your community

Please visit mindcheck.ca and share the information and resources with young people, family, friends and colleagues.

Help young people increase their knowledge of changes in thoughts, feelings, and behaviours associated with mental health challenges and tools they can use to strengthen their mental health.

Promotional materials are available on mindcheck.ca by downloading or ordering through the website. By displaying and distributing these materials, you'll help build awareness about mental health or substance use issues and help young people connect to resources and support.

Materials available include:

- Posters and postcards
- Articles for use in newsletters or on websites
- Factsheets and worksheets
- Social media images and and tweet content
- mindcheck.ca infographic

FOR MORE INFORMATION, CONTACT:

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