



agenda  
gap



## Workshop 4: Understanding the Social Determinants of Mental Health



# FRAME VIDEO

 Making the Connections

### **Group 1: Cheyenne's Story**

(Story of a person who is diagnosed with a mental illness but is functioning well and experiencing good mental health.)

*Cheyenne is living with depression. Depression is a mental illness that causes extreme and ongoing feelings of sadness and other difficult emotions that impact how you feel and act. Because these symptoms of depression last for weeks or more, it can make it challenging to function in daily life, causing difficulties at home, in school, at work or in relationships. Despite her diagnosis, Cheyenne's depression is under control. She sees a psychologist for therapy and is in regular contact with her doctor. Her school life is going well. She has teachers who acknowledge her hard work and celebrate her successes. Her school also prioritizes student wellbeing and provides opportunities to participate in group sports and social activities, such as a lunchtime walking group and an after-school theatre club. She has access to healthy foods and is getting good quality sleep most nights. Her family can afford to pay rent for a small house in a neighbourhood where she feels safe. She shares this house with her mother, three siblings and her cat, Phillip. She has a core group of friends and feels like the people in her life love and understand her.*

### **Group 2: Hugo's Story**

(Story of a person who does not have a diagnosed mental illness, but is experiencing poor mental health.)

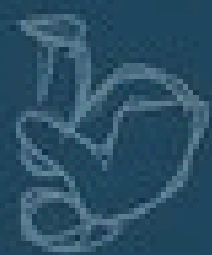
*Hugo has recently moved to a new town after his father experienced ongoing challenges finding work. There weren't a lot of job opportunities in his hometown, where the main industry recently shut down. However, the move has meant that Hugo now lives far away from other family members and friends. At school, Hugo is finding it difficult to keep up in his math and science classes. The teachers seem very busy, and he does not get much extra support. He is feeling stressed and overwhelmed. His father works long hours at his new job, which means that Hugo spends lots of time in their apartment alone, where he plays video games all afternoon and late into the evening to pass the time. He hasn't yet made any friends in his new community and feels lonely and isolated. His new town has several fast-food restaurants, which Hugo frequents for most meals. He is having trouble sleeping at night, which causes him to struggle with focus at school. It also makes him irritable and cranky with his father, which puts a strain on their relationship.*

POSITIVE  
mental health

NO SYMPTOMS  
of a mental  
health condition

SYMPTOMS  
of a mental  
health condition

POOR  
mental health

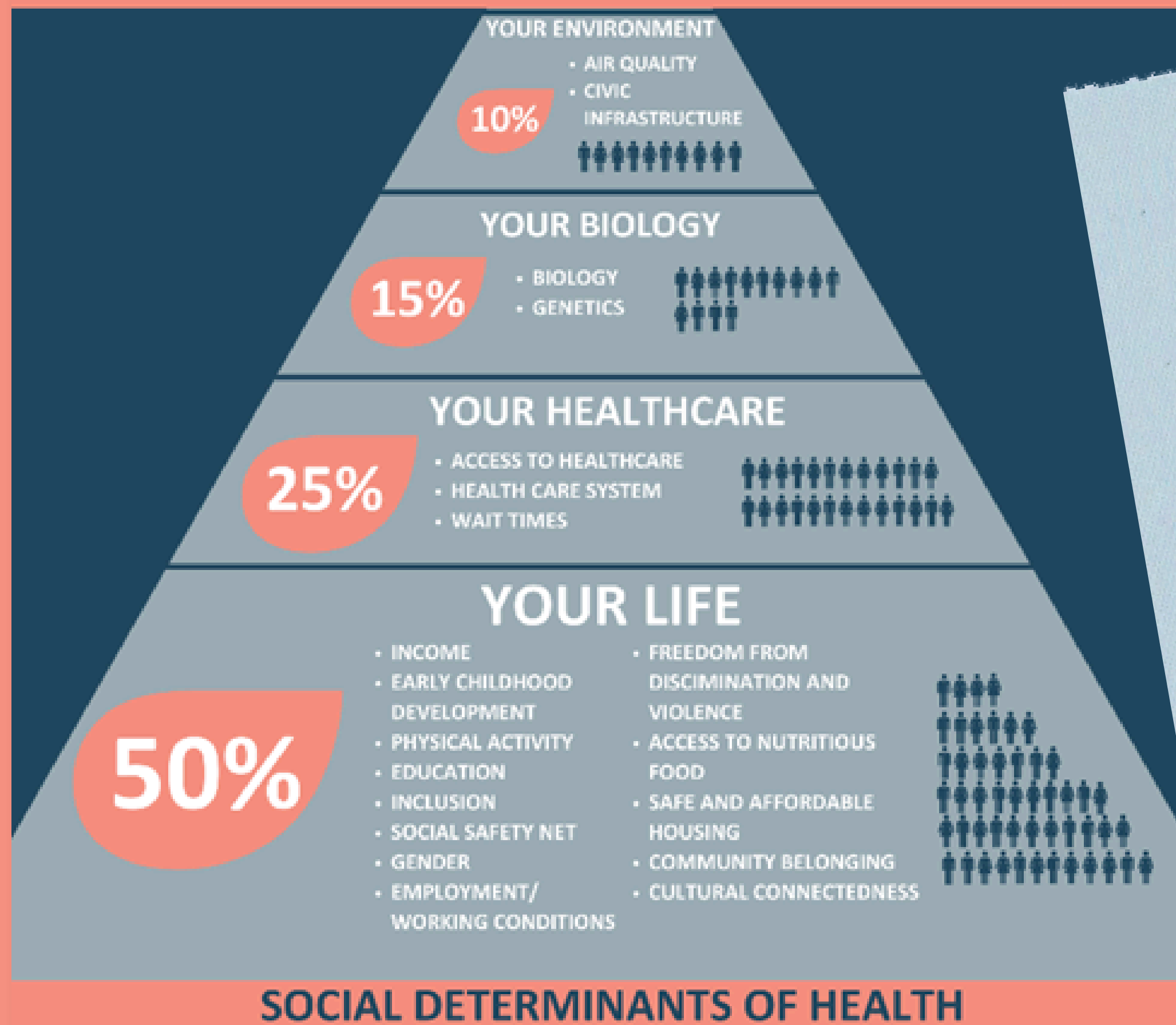


# MENTAL HEALTH





# WHAT MAKES THOSE LIVING IN CANADA WELL?



Your broader life conditions, which can often be shifted through policy, make the greatest contribution, accounting for 85% of the factors that shape our wellbeing.



# ACTIVITY 2 VIDEO



Jigsaw Youth Mental Health Promotion



# CONNECT & CLOSE VIDEO



Breath Bubble





**[https://ubc.ca1.qualtrics.com/jfe/form/SV\\_9TxsKXrJr6ZPkKW](https://ubc.ca1.qualtrics.com/jfe/form/SV_9TxsKXrJr6ZPkKW)**