

Half of all mental disorders start by age 14. Yet, 93% of teachers say they are not prepared to deal with the mental health needs of students.

Are you and your school ready?

MyHealth Interactive Magazine is a comprehensive health and wellness program designed to increase health and mental health literacy, teach students and staff effective strategies to deal with stress, bullying and mental health difficulties, and assist students in deciding how and when to get help. Unlike other programs which rely on one-off seminars and workshops, our program fosters long-term, incremental learning through brief, engaging updates every week throughout the entire year.

My Health Magazine Program is:

✓ **Relevant: Q&As**

Over the past 10 years, our experts have answered over 7000 questions from students across the country and the USA about mental health, bullying, relationships and physical health. Keep your students, staff and parents up-to-date about issues students face and give them a chance to ask us any question they have about mental health.

✓ **Practical: How-to sheets**

In addition to our concise, scientifically rigorous info sheets, we offer practical step-by-step how-to sheets on how to deal with common problems, such as to how to ask a teacher for help, how to talk to a parent about mental health of a student, how to deal with procrastination, or how-to learn relaxation breathing and mindfulness.

✓ **Engaging & interactive: Online magazine**

Our program is delivered as an interactive magazine, comprised of full-length magazine articles that include interactive polls about habits and attitudes of young people as well as pop-up quizzes, designed to test knowledge on a variety of health and mental health issues.

✓ **Preventative: Health Check & Helplines**

According to a Canadian mental health survey, two-thirds of people who had symptoms of mental illness didn't ask for help. Knowing when and where to get help is one of the most important factors in changing this attitude. Our interactive surveys are designed to help students, parents and staff decide whether it is time to get help for their mental health difficulties. Our helpline directory contains over 200 helplines from across the country and is continuously updated.

✓ **We don't stop: Weekly updates**

Through regular email updates, we strive to achieve a daily presence in the lives of students, teachers and parents. We continuously release new info and how-to sheets, quizzes and did-you-knows throughout the entire year. That's health promotion that doesn't stop after one workshop or a lecture.

✓ **Workshop, workbook or phone app?**

People learn in different ways. Our information is delivered in different formats and on different platforms. You can choose to stay informed through our weekly email updates, or download the phone app to keep help at hand and keep up-to-date on what's new at MyHealth Magazine. Or you can use our workbooks to learn and master the skills to deal with stress, setbacks and negative thoughts in 30 days. You can also schedule a MyHealth Magazine workshop to give your health promotion efforts a boost.

✓ **Affordable: Just a dollar a day**

You can obtain an annual subscription for one health teacher at \$8 a month or an annual site license for all students, staff and parents for about \$1 a day. Either way, it's an affordable solution to deliver health and mental health information throughout the year.



Featured topics in our weekly updates include:

- Academic success: do you have what it takes?
- Dealing with stress
- Fad diets
- Bullying & harassment
- Staying focused & ADHD
- Drinking
- Anxiety & panic attacks
- Eating disorders
- Sleep
- Self-harm
- Depression
- Energy drinks
- Relationship conflict
- Headaches & migraines
- Shyness
- Psychotherapy
- Substance misuse: what's in your drink?
- Procrastination
- Perfectionism
- Panic attacks
- Forgiveness
- Boredom
- Relaxation breathing
- Fitness & mental health
- Negative thinking
- Asperger's syndrome
- Diet pills
- Resilience
- Body fat
- Seeking help
- Calories
- Puberty

MyHealthMagazine
is located at the University of Ottawa



MyHealthMagazine
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