

# What Can Help and What Can Harm



## What can help

- Self-confidence, self-esteem and social skills
- Psychosocial skills (problem solving, critical thinking, communication, empathy, control of emotions)
- Healthy stress management
- Harmonious relationships with family and friends
- Positive interpersonal relationships (belonging to a positive peer group), a network and solid social support
- Self-fulfillment, self-actualization
- A positive academic climate
- Adequate development in childhood, good personal resources
- Physical activity
- Early intervention, mental health education

## What can harm

- Use of psychoactive substances (drugs and/or alcohol)
- Poor stress management, illness
- Violence, abuse, conflict
- Significant life events (bereavement, breakup of a relationship, parental separation/divorce, repeated failures, aggression, multiple foster placements, multiple moves, etc.)
- Racism, sexism, homophobia
- Early or false autonomy
- Breakup of families, family problems
- Family history of mental illness
- Absence of significant figures
- Social isolation
- Poverty, financial insecurity
- A chemical imbalance in the brain

### Reference:

Canadian Mental Health Association, Montréal. Ma vie, c'est cool d'en parler – Guide d'activités pédagogiques, 2013.

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