



CALGARY  
YOUTH  
JUSTICE  
COMMITTEES

# Youth Mental Health Awareness Information Sheet

## Equipped



A CALGARY YOUTH JUSTICE  
SOCIETY PROGRAM

[cyjc.ca](http://cyjc.ca)



## CALGARY YOUTH JUSTICE COMMITTEES

### Independent Learning Activity

This is an online independent learning activity for you to complete on your own time. There will be a worksheet for the you to complete to show proof of completion.



### Creating an Account (If you need help ask your File Chair)

1. Go to <https://equipped.youthsmart.ca/log-in/>
2. Select "Don't have an account? Create one!"
3. Choose the course your File Chair assigned to you to enroll in, the options are Mental Health Awareness or Stress Management and Healthy Coping
4. Add Email
5. Create Password
6. Email Updates, choose which option you'd prefer
7. Add Year of Birth
8. Accept Terms of Use if over 16 years old (If not, you will need parent consent)
9. Login to your account and get started on your course!



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### Equipped Mental Health Awareness

This course will teach you skills for better mental health. Mental health is important at all stages of life but exploring mental health resources is especially important for youth who face many changes that can impact their mental health.

This course will take you around 1 hour to complete.

#### You will learn about

- What is Mental Health
- What is Mental Illness and Neurodiversity
- Emerging Adults (Youth) and Mental Health
- Stigma
- Causes of Mental Illness
- Taking Care of Your Mental Health

### What You Have To Do

1. Create an account
2. Sign up for the Mental Health Awareness Course
3. Complete course
4. Complete worksheet of reflective questions (Have the worksheet in front of you while going through the course, this will make it a lot easier)