

## Mental Health Within The Early Years Context

A role of the Early Childhood Educator is to enhance the social-emotional development of their children, however, where is the support for educators who struggle with their own emotions and thoughts?

Challenges in one's mental health and wellness can lead to educator burnout and educator turnover.

### Statistics

By age 40, about 50% of the population will have or have had a mental illness.

### Statistics

Anxiety disorders affect 5% of the household population, causing mild to severe impairment.

Suicide accounts for 24% of all deaths among 15-24 year olds, with suicide being the leading cause of death in both men and women from adolescence to middle age.

### Helplines:

- ❖ London Mental Health Crisis Service (519)-433-2023
- ❖ CMHA Middlesex Mental Health & Addictions Crisis Centre (519)-434-9191
- ❖ ConnexOntario (519)-439-0174
- ❖ London and District Distress Centre (519)-667-6711

*You are not alone.*

### References

- eMentalHealth.ca. Retrieved November 2018 from <http://www.ementalhealth.ca/Toronto/Anxiety-in-Adults/index.php?m=article&ID=8871>
- Mental Health Commission of Canada (2013). Making the case for investing in mental health in Canada. Retrieved November 2018 from <https://www.mentalhealthcommission.ca/English>
- Workforce Study for Early Years and Child Care Employees. (2017). *Ministry of Education. Retrieved from* [https://www.msdsb.net/images/ADMIN/correspondence/2018/MEDU\\_Workforce\\_Report\\_en.pdf](https://www.msdsb.net/images/ADMIN/correspondence/2018/MEDU_Workforce_Report_en.pdf)

# Mental Health Toolkit for Early Years Professionals

## Community Resources

- ❖ **CONNECT for Mental Health**  
<http://connectformh.ca>
- ❖ **Mood Disorders Association of Ontario**  
<http://www.mooddisorders.ca/fact-sheets>
- ❖ **Canadian Mental Health Association – Middlesex Branch**  
<http://www.cmhamiddlesex.ca/>
- ❖ **Ways— Mental Health Support**  
<https://ways.on.ca/mental-health/helpful-links/>
- ❖ **London InterCommunity Health Centre**  
<http://lihc.on.ca/programs/one-to-one-counseling-for-women-and-men/>
- ❖ **eMentalHealth.ca**  
<http://www.ementalhealth.ca/Toronto/Anxiety-in-Adults/index.php?m=article&ID=8871>
- ❖ **The Centre for Addiction and Mental Health**  
<https://www.camh.ca/en/health-info/mental-health-101>

*“Healing takes time, and asking for help is a courageous step”*

-Mariska Hargitay

Mental illnesses are a complex interplay of genetic, biological, personality, and environmental factors.

Almost half of those who feel they have suffered from depression or anxiety have never gone to seek help.

Effective treatments are available.



Make yourself a priority

Mental health affects our physical, emotional, and overall wellbeing. It plays an important role in survival.

Possible Treatments:

- ❖ Cognitive-Behavioural therapy
- ❖ Medications

It is important to consult a professional to view your options.

## Create New Healthy Habits

- *Eat foods that reduce stress*
- *Get your sleep back in control*
- *Exercise small amounts daily*
- *Engage in a creative activity*
- *Re-read a favourite book*
- *Spend time outside*
- *Take more baths*
- *Diffuse essential oils*
- *Light a scented candle*
- *Make a new music playlist*
- *Write in a journal*
- *Read inspiring quotes*
- *Turn off electronics for a few hours daily*
- *Bake something*
- *Pray/Meditate/Yoga*
- *Play with your pet*

