



### Straight talk about Mental Illness : Information for siblings

<http://libcat.nshealth.ca/permalink/provcat15127>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; About 1 in 5 young people experience a mental illness like anxiety or depression before their 18th birthday. Chances are you probably already knowsomeone with mental illness, like a friend, classmate or teammate. Sometimes, it's a brother or sister coping with a mental illness. When this happens, it can be hard to knowwhat the right thing is to do or say. It can also be confusing if you don't have a good understanding of mental illness. This inform...



### Mental Health and Mental Illness in Children and Youth : Fact Sheet for Parents and Caregivers

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IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; What is Mental Illness? People have mental health problems or mental illnesses when problems with thoughts, feelings or behaviours get in the way of functioning at home, school or work. Everyone feels sad or upset from time to time. But when these feelings are so strong that it's hard to carry on at school or home, then there may be a mental health problem.



### Mental Health Services for Children and Youth : Fact Sheet for Parents and Caregivers

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### Sleep for Youth

<http://libcat.nshealth.ca/permalink/provcat15130>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; *Sleep is critical for physical and mental health, but many youth just don't get enough. Lack of sleep can cause a number of health problems. On the other hand, trouble sleeping can also be a symptom of physical or mental health problems. This fact sheet will help you make sure your teen is getting a good night's sleep.*



### Helping Children and Youth with Problem Gambling : Information for Parents and Caregivers

<http://libcat.nshealth.ca/permalink/provcat15131>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; *Gambling is any activity where someone takes the chance of losing money or belongings, and when winning or losing is decided mostly by chance. In moderation, gambling can be fun. But gambling too much can cause bankruptcy, problems with relationships, and even lead people to suicide. Problem gambling happens when gambling starts causing problems in life, and the problems don't get better. The official term is 'pathological gambling'.*



### Borderline Personality Traits in Youth

<http://libcat.nshealth.ca/permalink/provcat15132>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; *Youth with borderline personality traits are very emotionally sensitive. They are especially sensitive to rejection. They may feel rejected by others, even when the other person did not intend to reject them. This can cause problems in relationships. Youth who have borderline personality traits often have other conditions such as Anxiety disorders; Substance abuse; Mood disorders (like depression); Eating disorders, (usually binge eating or bulimia, b...*



## Helping Children and Youth with Selective Mutism : Information for Parents and Caregivers

<http://libcat.nshealth.ca/permalink/provcat15133>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; Everyone gets shy from time to time. In fact, having just enough shyness can be helpful because it can protect us from doing things that may be embarrassing or awkward. But when shyness keeps a child or teen from speaking, then it may be a condition called Selective Mutism. Children with Selective Mutism are not being mute 'on purpose'. They are not trying to 'control' a situation by being mute. Not speaking is the way they protect themselves from ...



## Helping Children and Youth with Self-Injury Behaviours : Information for Parents and Caregivers

<http://libcat.nshealth.ca/permalink/provcat15134>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; One study of Canadian youth found that almost 2 out of every 10 youth aged 14-21 had hurt themselves on purpose at one time or another. Self-injury behaviours usually start between 13 and 15 years of age, and happen most often in teenagers and young adults. Self-injury behaviours are twice as common in girls and young women, compared to males. This fact sheet focuses on the kind of self-injury behaviours where youth do not intend to end their lives.



## Depression

<http://libcat.nshealth.ca/permalink/provcat15135>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; It is normal to feel sad from time to time. But this sadness doesn't stop you from going on with your everyday activities. And it goes away on its own. Depression, on the other hand, is a sadness so severe that it interferes with everyday life. With severe depression, youth may even hear voices, or have thoughts of harming themselves or others.



## Separation and Divorce

<http://libcat.nshealth.ca/permalink/provcat15137>

IWK Health Centre. IWK , 2014.

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“ 902-464-4110 to call IWK Central Referral. ; Separation and divorce happen often. In North America, close to 40% of relationships end in separation or divorce within 15-years. Separation and divorce is stressful to children and youth for many reasons. Their family, as they know it, is changing profoundly, and they have no control over the situation. Some may feel that if parents are leaving each other, parents could leave children too.