



Bullying Increased My Childhood Anxiety

The psychological and physical effects of bullying are equally deep-seated, leaving scars that stay with you. When you're bullied on a regular basis, the experience begins to detract from your personality. You no longer feel safe around other people, and you teach yourself to stop trusting. It destroys your self-worth, making you believe and agree with the insults that get tossed at you.

Although it can be argued that correlation doesn't equal causation, it's quite obvious that bullying intensifies the presence of mental health issues. You already feel out of place enough as it is, so when someone preys on that, it only serves to make matters worse.

According to various studies, kids who are bullied are more likely to experience feelings of depression and anxiety along with many other disruptions to their daily life. Witnesses to bullying, and even the bullies themselves are also prone to these emotions. It's a situation that negatively impacts those within its radius, even those who aren't directly involved.

I was bullied from first grade onward, and it accelerated a lot of my anxiety issues. My attendance was atrocious, as I would often fake illness or refuse outright to go to school. It instilled in me a sense of dread worse than anything I have ever felt and to this day, I still can't handle the thought of physically attending school.

Due to my meek disposition, I never really fought back or told anyone what was going on. This is something I regret very much because I shouldn't have allowed these people to ruin my life in such a way.

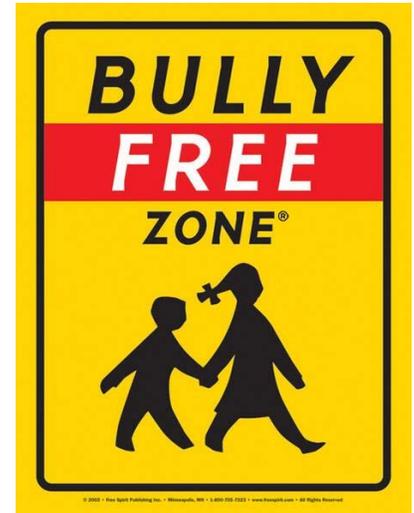
As I've grown up, I've definitely grown out of my soft-spoken shell and no longer deal with anyone bullying. I encourage anyone who is being harassed to stand up for themselves, or in the very least, tell a parent or teacher what's going on. You don't have to be afraid, nor do you have to feel worthless.

By Udell Graves

Resources:

<http://www.stopbullying.gov/at-risk/effects/#bullied>

<http://www.theatlantic.com/health/archive/2014/04/study-bullied-kids-at-risk-for-mental-health-problems-40-years-later/361055/>



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CORRECTION from last month's newsletter:

The Evangeline Club is Operated by the Evangeline Recreation Society. It is open Monday to Fridays, 9 am to 3 pm and Thursdays 1-6 pm. For more information call (902) 538-9349.

Vital Statistics - The Impact of Mental Health Issues on Nova Scotians

According to *Nova Scotia's Children and Youth VitalSigns 2014*, published by the Community Foundation of Nova Scotia, Canadian females aged fifteen to thirty-four seem to be more vulnerable to mental health issues and experience less satisfaction in their lives than do males. This can sometimes lead to depression and/or suicidal thoughts.

A 2013 national survey revealed that Canadian men between the ages of twenty and thirty-four outranked Canadian women for "very good" or "excellent" mental health at 73.5% to 57.7% respectively. Nova Scotia goes against the national trend with 80.5% of women having good mental health. The Annapolis Valley reports a high of 61.1% for mental health and 85.1% for life satisfaction for both sexes.

Despite the reportedly high level of mental health and satisfaction in Nova Scotia, we still have the highest incidence of anxiety disorders among all the provinces. In 2012, 10.2% of NS youth aged fifteen to twenty-four lived with anxiety, compared to 6.3% nationally.

One in four students in grades seven through twelve reported elevated depressive symptoms, females being the most susceptible. While 21.2% claimed they need help, only 7.7% actually received it. Around 19.7% of students had actually contemplated suicide, and 8.4% actually attempted suicide one or more times. Again, females are more prone to suicidal thoughts – up to three times more likely, in fact.

The survey also signifies a correlation between one's level of education and sense of personal well-being. In 2009, people who completed university reported "excellent" mental health, at 42.3% of those surveyed; other types of post-secondary education at 41.6%; high school at 36.1%; and 31.7% for those who had not completed high school. Overall, education seems to have a positive impact on mental health.

For more information, or for needed resources, visit www.teenmentalhealth.org, www.cmha.ca, www.suicideprevention.ca, or call the Provincial Mental Health Crisis Line at 1-800-429-8167.

By Dena Walker

Source

"Child and Youth Mental Health." *Nova Scotia's Children and Youth VitalSigns: Community Foundation of Nova Scotia*. Web. 2014. Retrieved from <<http://www.novascotiasvitalsigns.ca/2014ebook/#?page=0>> pp. 36-40.

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Project H.O.P.E.

(Formerly The "Shelter Me" Project)

Project H.O.P.E. is designed to assist individuals living with mental illness in Kings County who are homeless or at risk of homelessness to implement long-term solutions to obtain and retain housing. The services include housing placement, eviction prevention, referral to appropriate agencies, skills training, ongoing support, and case management to minimize barriers to finding and retaining housing.

To reach Project H.O.P.E., call 902-679-7573
or email hope.lead@cmhakings.ns.ca.



Acadia Offers Online Screening for Mental Health

Acadia University has found another way to help their students identify mental health issues. The Acadia University Student Resource Centre offers free and anonymous online screening for depression, alcohol use, eating disorders, and anxiety.

The online screenings are informational, not diagnostic, and treatment recommendations are not provided.

This service has been provided so that Acadia students, staff and faculty can determine if a consultation with a Student Resource Centre counsellor may be helpful. The screening is confidential and is for your eyes only.

Students can take an online screening test to help them recognize problems with depression, eating disorders, generalized anxiety, alcohol misuse, posttraumatic stress, and bipolar disorder.

The online screening test may be found at: <http://screening.mentalhealthscreening.org/Acadiau>



Uncommon Laws



Sponsored by the Nova Scotia Barristers Society

Where members of the legal profession and members of the greater community speak, listen and learn from each other.

YOU'RE INVITED!

November 06, 2014 from 9 am – 4 pm
Louis Millett Community Complex,
9489 Commercial St., New Minas

FREE (come as you are, lunch included)

Mental Wellness: A Community Approach to Access to Justice
How do we build effective legal advocacy around mental wellness in Nova Scotia?

RSVP by October 31, 2014 to
Nicole Aubé at naube@nsbs.org

Continue Your Education



If you have been diagnosed with a mental illness, are L.M.D.A. eligible and are experiencing educational barriers to employment, you can apply with CMHA-Kings to continue your education through the Skills Development program to attend Adult High School and post-secondary education

This program provides allowances for tuition, living and child care expenses, books and travel.

For more information call Jane deWitte at
(902) 679-7464
Or email office@cmhakings.ns.ca

Alcoholism: An Overview

Alcoholism is a disease that is chronic and progressive. If a person is an alcoholic, they do not have control over how much they drink. They are also obsessed with drinking, and obtaining more to drink. Alcoholics continue to drink regardless of the negative consequences it causes in their life. Each time they drink they need more and more alcohol to obtain the same effect. When an alcoholic tries to cut back or stops abruptly they suffer from physical withdrawal symptoms.



Although alcoholism seems to be a hopeless condition, recovery is still possible. It can be successfully treated. Treatment begins with detoxification. The first step is to stop drinking. A detox facility is where this is usually done because medical supervision is required. Medication is used to help with the withdrawal process until the alcohol has completely left the body. Once the alcohol is out of the system the next step is rehabilitation.

There are inpatient programs available to help with this process. These programs help people to obtain the skills they need to stay away from drinking. They also help with developing a support system they need to stay sober. Relapse prevention skills are also taught. In these programs, people receive psychological therapy and are educated about alcoholism and recovery. Once a person leaves the treatment facility they receive outpatient therapy. They continue receiving counselling to help with day to day living in order to help them continue on with the recovery process. There are also self-help groups available, such as Alcoholics Anonymous. This is a safe place where recovering alcoholics can share their experience, strength, and hope with each other to help with their recovery.

There is hope, and recovery from this debilitating disease is truly possible. Those seeking help can call *Annapolis Valley Health: Mental Health and Addiction Services* at (902) 679-2870.

By Tony Legere

References:

Mayo Clinic Staff. "Alcoholism: Definition." *Mayo Clinic*. 18 August 2014.

<http://www.mayoclinic.org/diseases-conditions/alcoholism/basics/definition/con-20020866>

John P. Cunha, DO, FACOEP. "Alcoholism Treatment." *Emedicinehealth*. 17 July 2014. 18 August 2014.

http://www.emedicinehealth.com/alcoholism/page7_em.htm#alcoholism_treatment



A Mental Health Perspective Mission Statement:

The purpose of this newsletter is to bring faith, hope and courage to members of the local mental health community of Kings County, Nova Scotia, as well as others who are involved with a mental, emotional or psychological condition.

Donations (cheque or money order) to support this newsletter and other important programs and services can be made to CMHA-Kings, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5



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