

MENTAL HEALTH

Resource List

EMERGING YOUTH CONSULTANCY (EYC)

Amplifying youth voice, one board at a time.

PERSONAL AUTONOMY

what is autonomy?

Summary by Kaitland Cooper-Parent (Manager for Mental Health & Wellness at EYC)

The term autonomy was derived from the Ancient Greek words, autos, meaning “self,” and nomos, meaning “rule.” Individual autonomy is generally understood to refer to the capacity to be one's own person, to live one's life according to reasons and motives that are taken as one's own and not the product of manipulative or distorting external forces. It refers to a person's sense of self-determination, the process by which one controls their life. The most-influential conceptions of autonomy arose in the 18th and 19th centuries in the philosophies of, respectively, Immanuel Kant and John Stuart Mill.

let's learn more!

Autonomy is one of the four principles of ethics by which we base the concepts of good or bad on. Every decision can be debated as either morally right or morally wrong, though there are often several ethical dilemmas and considerations that arise in social and personal issues that are brought to light. The following article is meant to provide the philosophical foundation of knowledge to which individual autonomy is based.

<https://www.britannica.com/topic/autonomy>

It's not all just philosophical jargon, though! An essential part of healthy relationships is maintaining a sense of autonomy. Read the following article to learn more about how autonomy affects each of your relationships.

<https://umatter.princeton.edu/respect/relationships/autonomy>



(cont'd)

Personal and intellectual autonomy skills and abilities vary from individual to individual, discipline to discipline, and situation to situation. It's important to recognize what skills are relevant and how these skills need to be adapted for the situation in which they will be used.

<https://www.ed.ac.uk/graduate-attributes/framework/personal-intellectual-autonomy>

Intuition is that feeling in your gut when you instinctively know that something you are doing is right or wrong. Learning how to trust our intuition, which builds our personal autonomy, can be challenging. The following article looks at the lightning-fast, mostly hidden processes involved in intuition, their effect on decision making, and their role in creativity.

<https://positivepsychology.com/intuition/>

to-do's

The following activities were carefully curated to help inspire feelings of personal power and encourage you to trust your intuition. The aim is to enable readers to understand themselves and their desires on a deeper level.

Knowing Your Personality Type

Knowing your personality type will help you understand why you're different or similar to other people, help you manage your time and energy better, and help you recognize your emotions.

<https://www.truity.com/test/type-finder-personality-test-new>



<https://flyclipart.com/free-personality-test-from-mydiscprofile-personality-traits-clipart-138944>

Signature Strengths Questionnaire (SSQ-72)

Strengths-based Resilience (SBR) is based on the Values in Action Model of Character Strengths (Peterson & Seligman, 2004). Character strengths are the cornerstones of your Flourish profile. Your signature strengths are your salient character strengths of thinking, feeling, and behaving in a way that enable you to function optimally.

<https://strengthsbasedresilience.com/assessments/feedback/ZVM4Owp9yR>

10 Steps to Own Your Personal Power

Owning your power leads to increased confidence and an understanding of how you can help others make decisions and achieve their objectives. Owning your power allows you to create and maintain strong relationships while also allowing you to stand up and negotiate for yourself.

<https://www.forbes.com/sites/bonniemarcus/2018/06/04/10-steps-to-own-your-personal-power/?sh=27253c264883>

Writing a Personal Manifesto

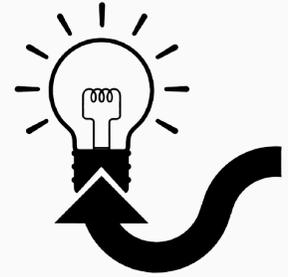
A personal manifesto describes your core values and beliefs, the specific ideas and priorities that you stand for, and how you plan to live your life. It can help frame your life, point you in the right direction to help achieve your goals, and act as a tool to remind you of your primary concerns.

<https://www.kuder.com/blog/career-management-transitions/writing-your-personal-manifesto/>

**"He who controls others
may be powerful, but he
who has mastered
himself is mightier still."**

—Laozi

recommendations



<https://www.pinciptart.com/pindetail/iixRhTj.png-file-svg-recommendation-icon-clipart/>

For the Watchers—YouTube

Who are you, really? The puzzle of personality | Ted Talks with Brian Little
https://www.youtube.com/watch?v=gYvXk_bqIBk

For the Listeners—Podcast

How to Discover Your Key Strengths | OnPurpose with Jay Shetty
<https://open.spotify.com/episode/07bYgYWXvBxTjXg8GzGD1k?si=a825aedbab704df5>

For the Readers—Book

Start Where You Are | Meera Lee Patel
<https://www.penguinrandomhouse.com/books/318228/start-where-you-are-by-meera-lee-patel/>

help & support

Kids Help Phone

Canada's only 24/7, national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.
<https://kidshelpphone.ca/>

Toll-free crisis line: 1-800-668-6868
 Text CONNECT to 686868

Good2Talk

A free, confidential support service for post-secondary students in Ontario. Students can receive information and referrals about services and supports for mental health, addictions and well-being on and off campus and speak anonymously with a professional counsellor.
<https://good2talk.ca/>

Toll-free help line: 1-866-925-5454
 Text GOOD2TALKON to 686868

Kids Help Phone Resource Galaxy

Your well-being is like a connected cosmic system, a galaxy of thoughts, feelings and experiences that make you who you are. Explore resources to support you no matter how you're feeling in this moment.
<https://kidshelpphone.ca/chart-your-well-being-with-our-resource-galaxy/>

Hope for Wellness

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada through phone or chat counselling. On request, phone counselling is also available in Cree, Ojibway, and Inuktitut.
<https://www.hopeforwellness.ca/>

Toll-free help line: 1-855-242-3310

Talk4Healing

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario.
<https://www.talk4healing.com/>

Toll-free crisis line: 1-888-200-9997

LGBT Youthline

A Queer, Trans, Two-Spirit youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario. Youth of all sexual and gender identities are celebrated and supported.
<https://www.youthline.ca/>

Toll-free help line (6 PM – 9 PM): 1-800-268-9688
 Text (4 PM – 9:30PM): 647-694-4275
 Chat: 4 PM-9:30 PM

(cont'd)**Greenspace**

If you are looking for a therapist, Greenspace will help to intelligently match you with a therapist that is best suited to your specific needs. The therapist you are matched with will charge a fee for their services, as psychotherapy is not publicly funded by Provincial health plans.

<https://www.greenspacehealth.com/en-ca/patients>

Stella's Place

THE place for young adults in Toronto, aged 16 to 29, who are experiencing mental health challenges to get the support they need. Stella's Place works to help young adults learn skills, build community and be empowered to manage their own mental health.

<https://stellasplace.ca/>

BounceBack

A free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

<https://bouncebackontario.ca/>

MindBeacon

Through secure direct messages, readings and activities, your therapist will help you develop the skills you need to thrive. MindBeacon's Therapist Guided Program is based in Cognitive Behavioural Therapy (CBT) and consists of readings, exercises and activities that will help you learn and practice new skills.

<https://www.mindbeacon.com/>

mindyourmind

Where mental health, wellness, engagement and technology meet. mindyourmind works with young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

<https://mindyourmind.ca/>

Want curated, youth-centric job opportunities and resources (plus even more ways to get engaged with EYC) delivered straight to your inbox?

Join EYC's Youth Hub today!

Visit <https://www.emergingyouth.info/youthhub>

