THE CATALYST

Blogs of the year

It's a new year. We are celebrating our stories, and our lived and living experience by showcasing our most engaging posts of 2022.

By: Mental Health Commission | Posted: January 19, 2023

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The power of our voices

It's a new year. We are celebrating our stories, and our lived and living experience by showcasing our most engaging posts of 2022.



Hiding my struggle with depression

I have high-functioning bipolar depression. This is not a diagnosis that you will find in the DSM-V, but a popular term we put to the kind of life that I am describing. For the outside world I am able to put on a grand performance, like the thespian wearing a mask on stage I take on the persona of someone like me, but a much more successful version of me. **Learn more….**



How to help your child cope with eco-anxiety

Distress, anxiety, and anger are just some of the psychological impacts of the climate crisis on the well-being of children and young people worldwide. A recent study, the largest of its kind —

asked 10,000 young people in 10 countries how they felt about climate change and government responses to it. Nearly 60% said they felt ‘very worried’ or ‘extremely worried’ and reported that this ‘eco-anxiety’ has a negative impact on their daily lives.. **Learn more….**



Top three things I learned from MHFA training

Several months ago, I had the opportunity to participate in Mental Health First Aid training for the first time. It was an eye-opening experience that really made me look inward and assess my outlook on mental health and what living with a mental illness entails. **Learn more….**



Speaking up about student mental health

To say I was not fully prepared for post-secondary studies is an understatement. It was not a question of intelligence or academic ability. It had more to do with my mental health and lack of support. Yet against all odds, I was successful and graduated from university. How did I manage to complete my degree? Sheer grit and determination. **Learn more….**



Seven ways to cope with the winter blues

Winter blues are more common than you might think. Seasonal affective disorder (SAD) is a form of depression that people in northern climates usually experience during the fall and winter

months, when there's less sunlight. **Learn more….**



Top 10 resources on men's mental health

It's Movember, the month when we focus on men's mental health and raise awareness and improve mental and physical health outcomes for men around the world. Some show their support with symbolic moustaches, while others lend their voice to the overdue conversation about men's mental health. **Learn more….**



The Working Mind COVID-19 Self-care & Resilience Guide

The spread of COVID-19 has caused many Canadians to change their everyday lives to help "flatten the curve" to avoid a spike in cases that would overwhelm our health services. For some of you, that will mean that you have to self-isolate for two weeks, for others, it will mean that you are now working from home for the foreseeable future. Still others continue to have to go to your workplaces because of the essential nature of your work. Still others may face the prospect of job loss. **Learn more….**



Envisioning the future of workplace mental health

A popular quote by Wayne Dyer goes “If you change the way you look at things, the things you look at change”. Perhaps changing the way we look at what constitutes a healthy workplace may change the fact that psychological health problems are costing the Canadian economy around $51 billion per year, $20 billion of which results from work-related causes. **Learn more….**



Combat Mental Health Stigma with a Shift Towards People-First Language

Many of us are checking in with others about their well-being like never before. However, many people find it challenging to have a conversation with someone who may be experiencing a decline in their mental health or living with mental illness. One might suspect a family member, friend, or acquaintance may be unwell, but how do we start this kind of conversation? **Learn more….**

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