

**FOR PLAYERS**  
**AGES 12+**



HELLO  HOW ARE YOU?



THINK

If you or someone you know was in crisis and needed help, who could you call for help?

- a) Crisis Response Team  
(780-342-7777)
- b) Distress Line 780-482-HELP  
(4357)
- c) 911
- d) 211
- e) All of the above

**ANSWER:** All of the above.

If someone is in immediate danger to themselves or others, call 911. If they are in distress, call the distress line or the crisis response team. 211 is also a good resource if you are not sure who to call.

**THINK**

**TRUE OR FALSE:** Our buildings, parks, roads and neighbourhoods have an impact on our physical health, but have no effect on our mental health.

**Answer:** False. Our city can be designed to support mental health including providing access to green space, public gathering space, and safe spaces to interact with other community members.

**THINK**

**TRUE OR FALSE:** You can have many friends and be lonely, or no friends and not be lonely.

**Answer:** True. Loneliness is a feeling. Someone may be surrounded by people but still feel lonely.

**THINK**

**TRUE OR FALSE:** Social isolation is as bad for your health as smoking 15 cigarettes a day.

**Answer:** True. Social isolation has also been shown to be worse for our health than other well known risk factors such as obesity and high blood pressure.

**THINK**

In a year, how many Canadians will experience a mental health problem?

- a) 1 in 3
- b) 1 in 7
- c) 1 in 5
- d) None of the above

**Answer: c) 1 in 5**

**THINK**

**TRUE OR FALSE:** People with mental illness are violent and dangerous?

**Answer:** False. As a group, people who have a mental illness are no more violent than any other group and are actually more likely to be victims of violence.

**THINK**

Which one of these statements is best and why?

- a) John is going crazy
- b) John is a psycho
- c) John is mentally ill
- d) John is living with a mental illness

**Answer:** d) “John is living with a mental illness” (or John has a mental illness) is the best language to use because it shows that John is more than just his mental illness.

THINK

**TRUE OR FALSE:** Social media can provide a social support network?

**Answer:** True. Social media can play a role in connecting people and providing supports, but does not replace in-person relationships. In-person contact is essential for our social, mental and physical health.

**THINK**

**Can you say  
“hello”  
in a different language?**

**THINK**

**TRUE OR FALSE:** Anorexia nervosa and bulimia are mental illnesses

**Answer:** True. These are eating disorders where food issues mask mental health problems

**THINK**

**Post-traumatic stress disorder is:**

- a) A one-time reaction to a very difficult experience**
- b) A recurring anxiety disorder resulting from exposure to a traumatic event**

**Answer: b)**

**THINK**

**Depression is:**

- a) Sadness or disappointment
- b) Feeling sad, worthless, hopeless, guilty, or anxious much of the time, losing interest in things you used to enjoy and withdrawing from others
- c) Feeling “blue” because of a bad day or the weather

**Answer: b)**

**THINK**

**TRUE OR FALSE:** You should never ask someone who is depressed if they are thinking of suicide

**Answer:** False. Asking someone if they are considering suicide will not cause a person to attempt suicide

**THINK**

**What does stigma refer to?**

- a) Negative attitudes and behavior toward people with substance use or mental health problems**
- b) Thinking that people with addictions caused their own problems and they should just quit**
- c) Excluding people from opportunities because of a mental health issue**
- d) All of the above**

**Answer: d) All of the above**

**THINK**

**TRUE OR FALSE:** Being resilient means you don't feel worried or stressed during tough times

**Answer:** False. Being resilient doesn't mean you won't feel stressed, but it may mean you are more likely to cope with stressful situations in healthy ways

**THINK**

Who is most likely to suffer from mental illness?

- a) Poor, uneducated people
- b) People with stressful jobs
- c) Seniors
- d) None of the above

**Answer:** d)

Anyone, regardless of intelligence, social class or income level may experience a mental health issue.

THINK

**SAD stands for:**

- a) **Seasonal Affective Disorder**
- b) **It is a short form for 'sadness'**
- c) **Simple Anxiety Defect**

**Answer: a)**

**Seasonal Affective Disorder is a type of depression that follows a seasonal pattern**

**THINK**



ACT

HELLO HOW ARE YOU?

**Think of someone in your life who you think might be feeling lonely. What is one thing you can do the next time you see this person to help?**

**ACT**

**Does your neighbourhood  
have block parties? If not,  
would you like to have one?  
If yes, what do you like  
about them?**

**ACT**

**Get together with a friend and come up with some of your own ideas on how you might make your neighbourhood more welcoming.**

**ACT**

**Invite your neighbours  
to walk around the  
block or come outdoors  
to play a game in your  
local greenspace.**

**ACT**

**Have you met your  
neighbours? Say hi the  
next time you see them and  
introduce yourself.**

**ACT**

**Have you tried getting around  
by an active mode of transport  
(bike, walk, longboard)?**

**If yes, what did you like  
about it?**

**If no, why not? Would you  
consider giving it a try?**

**ACT**

**Is there a senior centre in your area of the city? Try volunteering there or at another local facility.**

**ACT**

**THIS IS FOR EVERYONE!**

**Ten jumping jacks!  
Or 20 air punches**

**ACT**

**Everyone take a moment,  
close your eyes and take  
three deep breaths**

**ACT**

**Take a moment to stretch!**

**Whatever has you feeling  
tense, stretch it out!**

**ACT**

**Ten squats or  
ten leg raises if sitting**

**ACT**

Is there a senior in your neighbourhood that could use help shoveling their driveway or mowing their lawn? **OFFER TO HELP!**

**ACT**

**Ask a senior in your neighbourhood what their hobbies are. You may be surprised at what you have in common.**

**ACT**

**If you or someone you know was looking for an opportunity to connect with others, where could they go?**

**(Examples: Community League, school, seniors centre, volunteer, community centre)**

**ACT**

**Who makes up your support network? (Example: friends, family, neighbours, social group, community agency)**  
**How do you let these people know that you appreciate their support?**

**ACT**

**Practice good self-care.**

**What is one thing you can do today or this evening to care for your mental wellness?**

**ACT**



# ENGAGE

HELLO HOW ARE YOU?

**What is one thing  
you should do this  
week and one thing  
you want to do  
this week?**

**ENGAGE**

**What are three  
words a friend would  
use to best describe  
your personality?**

**ENGAGE**

**What's your biggest  
pet peeve?**

**ENGAGE**

**What makes  
you smile?**

**ENGAGE**

**What is your favorite  
book, movie, or t.v.  
show and why?**

**ENGAGE**

**What do you do  
to relax?**

**ENGAGE**

**What is your  
favorite place to visit  
in Edmonton?**

**ENGAGE**

**If you could do any  
job of your choosing,  
what would it be  
and why?**

**ENGAGE**

**What is one subject  
you want to know  
more about?**

**ENGAGE**

**What is your favorite  
thing to do on a  
sunny day?**

**ENGAGE**

**If you could change  
one thing in the  
world what would  
it be?**

**ENGAGE**

**If you could transport  
yourself into the  
past, where would  
you go?**

**ENGAGE**

**What is one of  
the nicest things  
someone has done  
for you?**

**ENGAGE**

**What do you wish  
you did more of?**

**ENGAGE**

**What skill, talent or  
accomplishment are  
you most proud of?**

**ENGAGE**

**Share a time, when  
someone said or  
did something  
that made your  
day better.**

**ENGAGE**

**What do you  
think makes a  
great neighbour?**

**ENGAGE**

**Are you a  
friendly neighbour?**

**How?**

**ENGAGE**

**What is the best way  
to start your day?**

**ENGAGE**

**Name an activity or  
place that you go  
when you are feeling  
overwhelmed or  
stressed.**

**ENGAGE**



# COMMITMENT

HELLO HOW ARE YOU?

**Use the blank space to write  
down one action you drew  
for a take-away.**

**COMMITMENT**

**GAME  
TOKENS**

