



Strongest
Families
INSTITUTE

L'INSTITUT DES
Familles
Solides

Creating Positive Change for Youth Mental Health



Nearly **3 in 5 youth** are not getting the help they need – **let's change that!**



Introduction

It's normal to feel worried or stressed sometimes. But when anxiety and depression make it hard to enjoy life, go to school, or connect with others, it may be time to get help.



Client Quote:

“I wouldn't talk to people; I'd be too scared. It caused belly aches and sometimes I wouldn't even want to go to school. My parents realized I was struggling and got a hold of my doctor.”

“Thanks to Strongest Families today I am in the sport of curling and that helped me get off my phone and be present in the moment.”

Kiersten Devereaux - Defeat Anxiety Program



When to Get Help?

Anxiety and depression can look and feel different for everyone.

Here are signs it might be time to reach out:

- You feel nervous or on edge most of the time.
- You have stomach aches, headaches, or trouble sleeping.
- You avoid people, school, work, or activities you used to enjoy.
- You feel overwhelmed by worries, even about small things.
- You can't relax, even when you try.
- Friends or family are noticing you're not yourself.



Why Getting Help Early Matters:

The sooner you get support, support; the sooner you can learn tools to manage your well-being. Taking action now can stop it from getting worse over time.

Youth with more than 6+ hours of screen time daily are 2.5x more likely than average to report high anxiety.



Tips for Managing Anxiety

Here are simple steps you can take right now to feel a bit better:

- **Talk to someone you trust:** A friend, family member, or teacher can listen and support you.
- **Breathe it out:** Try deep breathing—breathe in for 4 seconds, hold for 4, and breathe out for 4. Repeat 5 times.
- **Move your body:** Go for a walk, stretch, or dance. Exercise can help clear your mind.
- **Take breaks from your screen:** Too much time on social media can make anxiety worse. Try putting your phone down for 15 minutes.
- **Write it down:** Journaling can help you understand what's bothering you.
- **Find what calms you:** Listen to music, draw, play a sport, or spend time with pets.



There's Help, and It Works

You're not alone. Strongest Families Institute offers free, proven programs to help you take control and feel better.

Take the First Step Today

Reach out to us at info@strongestfamilies.com, call us at 1-866-470-7111 or visit our website to get started.

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