The "NETWORK OF CHAMPIONS" consists of a group of Youth Leaders and Champions from communities across Ontario. Youth Champions together with adults from your school and local public health department are making an effort to raise awareness about mental wellness, help to reduce the stigma related to mental illness, and discouraging the misuse of drugs, alcohol and other substances. For more information, please talk to your teacher, public health nurse or Youth Champions in your school.

Good mental health includes developing positive coping skills, understanding your emotions, and having the ability to adapt to change. Draw what good mental health looks like to you using the space below:

Give light,
and the dark
will disappear
-Desiderius

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M V S Y S S E W A N S Z E S A
J E J S T C E Y F R N X U R W
W O N Z E L H W W C H Y U E A
V H F T L C B O O H E G G E R
E N T N A L C P O G T G R P E
D H E U E L I U V L G M T F N
A S Z R O N H T S G D Y R X E
S E N O G Y E E H O Q O M S
B M F A U L J C A Z D B P Q S
W L I V T V N J W L Z C P F D
N O I P M A H C Y D T A U A S
O L B H L S T R E S S H S M D
B O A A N K C A M G I T S I S
P A B Y I U R R A Q D H W L G
M E N T A L I L L N E S S Y D
```
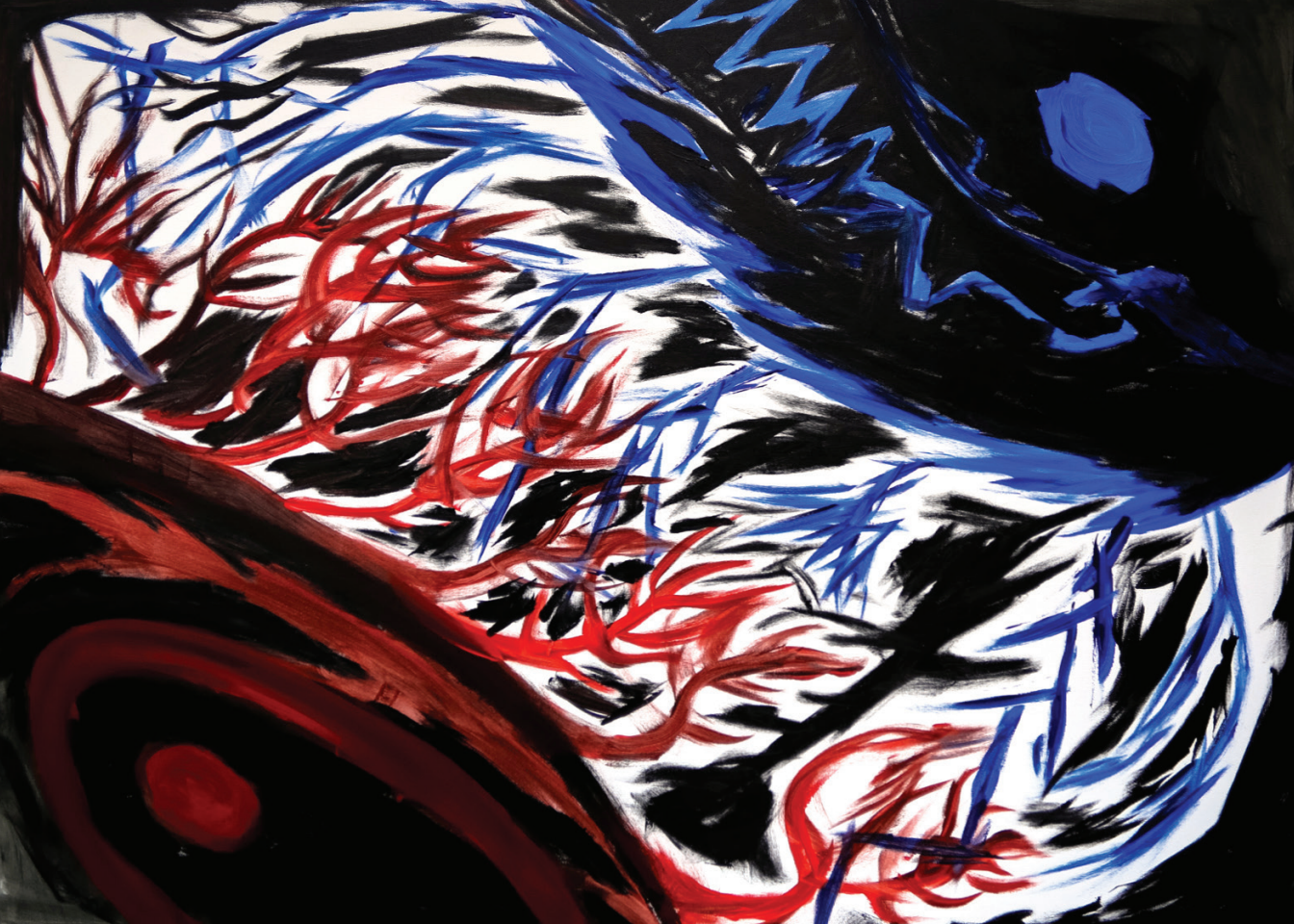
## WORD PUZZLE SEARCH

1. AWARENESS
2. BALANCE
3. CHAMPION
4. COPING
5. FAMILY
6. MENTAL HEALTH
7. MENTAL ILLNESS
8. PEERS
9. SCHOOL
10. STIGMA
11. STRESS
12. SUCCESS
13. SUPPORT
14. WELLNESS
15. YOUTH

**RNAO**
Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers autorisés de l'Ontario

*Speaking out for nursing. Speaking out for health.*

NETWORK of CHAMPIONS

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Receiving positive messages from friends creates a sense of inclusion and belonging, all which can create positive mental health. Use the space below to write an inspirational, positive message for your friend and give it to them!

NETWORK of CHAMPIONS

**Cover Art Acknowledgements:** Ricky Tang

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Wellness is important in maintaining good mental health. It is about feeling well, having good supports and having balance in your life. What does wellness mean to you? What positive activities do you do to keep well? Can you think of additional activities you or your friends could start doing to improve your mental well-being?