What’s coming up for Hi-FIVE?

It has already been a very exciting and busy semester so far! In this month’s newsletter, we’ll outline how October was and also try to give you a heads-up for the remainder of the fall semester.

End the Stigma Week
We are very excited to announce our first ever week-long event in a fall semester! This week is all about awareness and teaching students more about different mental illnesses and mental health symptoms. Much of the stigma surrounding mental health is due to misunderstandings and misconceptions about symptoms, causes, etc. Because of that, our goal for this week is to educate students about mental illnesses.

Each day we will have a different theme. The themes are: anxiety and related disorders; depression and mood disorders; substance misuse and abuse; and learning disabilities and ADD/ADHD. For each of these, we will be talking about the various symptoms, some self-care specific to that particular set of symptoms and some apps that can benefit your mental health in area of symptomology. The event is happening on Nov. 7-10 from 10am-2pm in the South AQ Hallway.

We hope you had a great Thanksgiving and a Happy Halloween!

UPCOMING MEETINGS & EVENTS

Winterfest – Nov. 2nd 11am-2pm Convocation Mall
Volunteer meeting – Nov. 2nd 3:30-4:30pm MBC 2294
End The Stigma Week – Nov. 7th-10th 10am-2pm South AQ Hallway
Volunteer meeting – Nov. 16th 3:30-4:30pm – MBC 2296
Puppy Therapy – Nov. 16th-18th 12-2pm – Saywell Hall Atrium

Keep an eye out for our emails to get all meeting and event updates!
**FAST FACTS**

**180** students reached
Approximately 180 people approached our table for our Stress Can Be Scary Event in the South AQ

**160** pumpkins
We had 160 students tell how they plan to scare their stress away

**1003** Facebook likes
We have reached 1003 likes on our Facebook page! Make sure to like us.

**106** IG followers
We have grown to 106 Instagram followers! Follow us @hifive_movement

**143** Twitter followers
We have reached 143 Twitter followers! Follow us @hiFIVEmovement.

**SOCIAL MEDIA**

Make sure to follow us!
Facebook: @HiFIVEmovement
Twitter: @hiFIVEmovement
Instagram: @hifive_movement
SFU Website: sfu.ca/students/health/HiFIVE/

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**Stress Can Be Scary**

We held our first event on October 18th in the South AQ. Our theme was *Stress can be scary, how will you scare it away?* It was great to see so many volunteers come out to help. We always had at least 4 volunteers at the table interacting with students. By the end of the day, we had 160 people write on the pumpkins telling us how they were planning to scare the stress away (See picture on front page).

Some of the most common responses were to sleep or exercise but we did have quite a variety of responses. We also gave out treats to those who answered our question and each candy or chocolate had a self-care tip taped to it. It was a great experience and we are so glad that we got to connect with so many students as well as have so many volunteers come out to our first event.

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**Puppy Therapy**

One of SFU’s favorite events is coming up – PUPPY THERAPY! See the dates below and check out SFU Health & Counselling for more information.

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**Co-Coordinator Application**

For the spring semester, we will be hiring a co-coordinator to work side-by-side with our current project coordinator – Jennifer Hoffmeister.

If you are interested in this position, please find the link for the job description and application form either on our Facebook Page or the SFU Health & Counselling Website. The application deadline is November 24th, 2016.
Mental Health Apps

Here are some apps and websites that are based on taking care of your own mental health.

**Vancouver Crisis Centre**

The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre) is a non-profit, volunteer organization committed to helping people help themselves and others deal with crisis. – www.crisiscentre.bc.ca

**mindcheck.ca**

This website is designed to help youth and young adults check out how they’re feeling and quickly connect to mental health resources and support. Support includes education, self-care tools, website links, and assistance in connecting to local resources. – mindcheck.ca

**MindShift**

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. – iOS & Android

**Pacifica**

Pacifica is an app for stress, anxiety, depression and worry based on Cognitive Behavioral Therapy, relaxation, and wellness. Comprised of five core activities, Pacifica is designed as a daily tool to help people address stress and anxiety at a gradual pace. – iOS, Android & Web

**SAM**

SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource. – iOS & Android

**Booster Buddy**

BoosterBuddy is a free app designed to help teens and young adults improve their mental health. Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits. – iOS & Android

Our Stories

Each month we will be sharing someone’s story with their experience with mental health. If you’d like to share your story, send us an email.

Dealing with anxiety and depression, it can feel like there is a heavy weight holding you down. Like you are trying so hard to be yourself and live a happy life but then there’s something that keeps holding you back, telling you to just stay home and then you’ll feel better. Trying to tell you that you don’t even want to go out and that laying in your bed, hiding away from the world is really the best option. It’s a lie. The truth is you may feel better in the moment, by not having to deal with the anxiety, but over time your life becomes so small that it isn’t much of a life at all.

The thing is, if you’re struggling, there’s always help. There’s help in so many places and in so many people that it’s heartbreaking so many people suffer in silence and alone. Dealing with anxiety for years and years, I have come to recognize how common anxiety and depression are and also how important it is to let others in to support you, whether that be family, a doctor, a psychologist, or your friends. I used to be terrified to tell anyone that I had anxiety and panic attacks, because society makes it seem like it is something that we should be ashamed of. It is not something to be ashamed of and the more people talk about their own experiences, the more open everyone can be and the more accepting society will be. I’m sharing a part of my story in hope’s to inspire someone to either get help they may be scared to ask for, or to share their story with others.

- Photo and Story by Jenna Beetstra