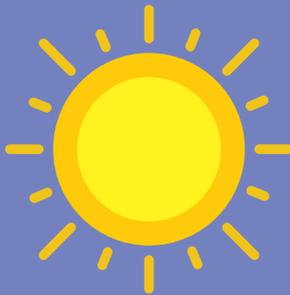


A HELPFUL GUIDE

Mental Health and You

INGLE[®]
INTERNATIONAL

Global Insurance Pioneers since 1946



Ingle International is here to help.

Mental wellness is when you display confidence in your abilities, cope with daily stress, and work productively. As a student living in a new country, it is sometimes hard to balance everything and life can feel overwhelming. The important thing to remember is that you are not alone, and help is available.

STEP 1

Understand

In order to take care of yourself and the people you care about, it is important to understand mental wellness and how to identify mental illness.

- 1.** Mental health is just as important as physical health.
- 2.** Sadness, anxiety, anger, and disinterest are just a few feelings that identify mental illness.
- 3.** Mental illness can affect you physically by causing headaches, muscle pain and tension, sleeplessness, or a change in appetite.
- 4.** It is more common than you think*, 20% of the world's children and adolescents experience mental illness within their lifetime.
- 5.** Seeking help is not a sign of failure; it is a step towards success.
- 6.** There are many ways mental illness can be managed and treated.

* According to the Canadian Mental Health Association <http://www.cmha.ca/media/fast-facts-about-mental-illness>

STEP 2

Recognize

Everyone is unique and will have different ways of showing mental illness. Common warning signs to look out for include:

- 1.** Changes in appearance. This might include poor hygiene, or sudden weight gain or loss.
- 2.** Difficulty managing emotions. This might include: unexpected outbursts of anger or crying, mood swings, or no emotion at all.
- 3.** Changes in behaviour. This might include breaking commitments, ignoring responsibilities (like school or chores), or lack of participation in social activities.
- 4.** Changes in sleep patterns. This might include sleeping too much or too little, and /or sleeping during irregular hours.

STEP 3

Act

If you feel that you might be suffering from a mental illness, there are lots of resources available to help you.

1. Visit www.cmha.ca/mental-health.
2. Reach out to a friend, a host family member, a teacher, your school program coordinator, a school counsellor, a neighbour... anyone that you feel safe speaking with.
3. Make an appointment with your doctor. Your doctor can offer additional resources and refer you to a mental health professional should you require one.
4. Access the *Ingle Student Health & Wellness Program** for more resources about mental health.
5. Call the *Student Health & Wellness Program** phone line for instant contact with a mental health professional that speaks your language.

*information about the *Student Health & Wellness Program* is provided separately. Your Ingle student plan may have insurance coverage for a mental health professional on a referral basis. Consult your policy wording for more information about what is available to you.

STEP 4

Know

We want you to stay healthy, and feel your best.

- 1.** Healthy habits for both the body and mind include healthy eating, getting enough sleep, and exercising.
- 2.** Caring for your mental health is just as important as caring for your body.
- 3.** Your mental health can be managed in a number of ways which can include self-care, counselling, and/or medication.
- 4.** You help others by helping yourself. It demonstrates a positive example for others when you choose to take care of yourself.

KNOW WHO TO CALL

Emergency Assistance

Toll-Free: 1.800.295.5205

Call Collect: 1.416.640.4416

Emergency Assistance, Intrepid 24/7, must be notified within 48 hours if a student:

- ✓ is being hospitalized for any reason
- ✓ requires surgery of any kind (including dental)
- ✓ needs an MRI or CT scan
- ✓ needs air transportation
- ✓ is seeking medical attention of any kind outside of Canada

See policy wording for more information.

Intrepid 24/7 also assists students with services including:

- ✓ Locating the nearest medical facility
- ✓ Coordinating billing
- ✓ Questions about coverage
- ✓ Submitting a claim
- ✓ Arranging emergency transportation

Ingle International

Toll-Free: 1.888.386.8888

Direct: 1.416.644.4870

Our call centre can assist with:

- ✓ Buying travel insurance for visiting friends and family
- ✓ Information on your insurance options after you graduate or leave school
- ✓ Making changes to your existing coverage (name, date, or plan changes)*
- ✓ Claims status

*If your school arranged your insurance coverage, contact them to make any changes.