

UNDERSTANDING  
MENTAL HEALTH

A GUIDE FOR YOUNG PEOPLE  
WITH A LOVED ONE EXPERIENCING  
**DEPRESSION**



 BRITISH COLUMBIA  
SCHIZOPHRENIA SOCIETY



bcssYOUTH



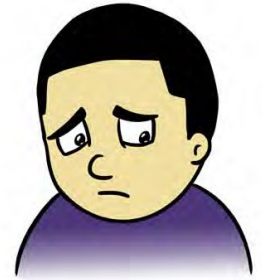
## ACKNOWLEDGEMENTS

This booklet was adapted from materials developed by Sabin Sebastian MD (Birmingham, Alabama) and the South Carolina Department of Mental Health, and updated with consultation from Mrs. Porter's Psychology 12 Semester 2 Class (2025) at Chilliwack Secondary School.

We acknowledge that the various land on which BCSS operates and supports families is the traditional, ancestral, and unceded territories of British Columbia's Indigenous Peoples. We are honoured and privileged to share this land, and are committed to reconciliation, decolonization, and building relationships in our communities.

"I can't understand him, he keeps getting sad and gloomy for no reason or for little things! It's scary! It makes me frightened sometimes. I love my dad but this is hard."

- Ian



"It's such a drag! I love softball and I made the school team. I was hoping my brother would come and watch my games. But he looks so miserable that he doesn't find anything interesting. I wish I knew what to do."

- Jasmine

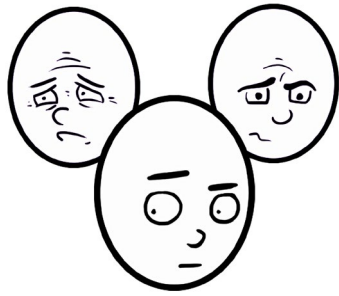
"When's mom gonna get well? Daddy says she's ill. Daddy says mommy is not feeling well, that is why she cries a lot and does not play with me much anymore."

- Eric



**WHAT'S HAPPENING WITH ALL THESE FAMILY MEMBERS?  
THEY ALL HAVE AN ILLNESS CALLED DEPRESSION.**

# DEPRESSION



## That's a pretty big word, right?

Don't worry! When you're done reading this, you'll know as much, or even more, than some grown-ups about depression.

### First, let's find out what it means to have depression.

I'm sure there have been times when you felt like crying... or actually did. Maybe you lost something, or you were scared, or you didn't get what you wanted. In any case, it's not much fun to feel sad and not be able to enjoy things.

Imagine if you became sad and unhappy for no reason, or for reasons that didn't make you feel sad before. You don't want to feel this way, but you do – yikes! Then imagine if your friends no longer wanted to be around you, because you're *no fun* anymore.

### What if you wanted to feel better and start having fun again, but you couldn't?

#### You decide to watch a movie.

No, you can't concentrate.

#### You decide to get to that next level in the video game.

It doesn't seem interesting anymore.

#### You decide that a nap will do you some good,

but you can't get a good sleep.

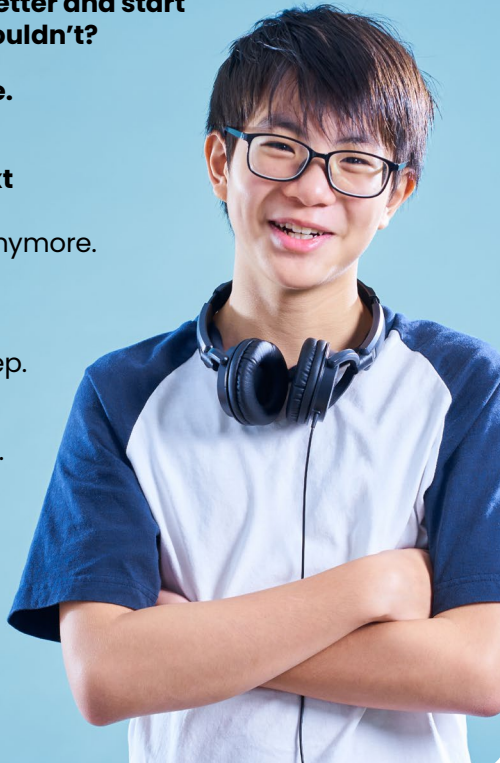
#### An ice cream perhaps?

No, it doesn't taste good now.

#### Some friends come over to invite you to a party,

but the thought of it just makes you feel more upset...

**THIS IS NOT LIKE YOU.  
NOT AT ALL.**



## SO, WHAT'S HAPPENING HERE?

**These are some of the things that can happen to someone when they have an illness called depression.**

Depression is an illness of the brain that changes the way a person feels and behaves.

When someone has depression, they might feel very unhappy for long periods of time for no reason.

They might have very low energy and lose interest in the things they used to enjoy, like hobbies and spending time with family and friends.

They might not feel good at anything and think things will never get any better.

**Sometimes, these feelings get so bad that someone with depression might start to drink alcohol or use drugs to try to feel better. But this can make things worse.**

**SOMETIMES, PEOPLE WITH DEPRESSION FEEL SO BAD THEY MIGHT THINK ABOUT SUICIDE.**

This probably sounds really scary, but there are treatments that can help people with depression feel better.

**If you're worried about yourself or notice any changes in your thoughts, feelings or behaviour, talk to an adult you trust.**



## FREQUENTLY ASKED QUESTIONS

### If you find yourself with lots of questions about depression, you are not alone.

Here are some questions people often ask...

#### WHAT CAUSES DEPRESSION?

Just like the body, the brain can get sick too, but you can't catch depression from someone else like you catch a cold. Mental illnesses, like depression, are caused by a combination of different things.

A person's genes can make them more likely to develop depression. Genes are the building blocks that make us who we are and determine things like the colour of our hair or eyes.

If a person has genes that make them more likely to have depression, things that happen in their life can add to this possibility and cause them to have depression or make the illness worse.

For example, if someone goes through a difficult event like the death of a loved one or a car accident, most people will be sad. If a person is unable to return to their regular life after some time has passed after a tragic event, they may have depression.

#### IS IT MY FAULT? ABSOLUTELY NOT!

Sometimes kids wonder if they did something to make their family member or friend ill or if they could've done something to stop their loved one from having depression.

It's important to remember – kids are not the cause of these illnesses!

DEPRESSION IS NO ONE'S FAULT.

#### WILL I GET DEPRESSION?

Just because you have a family member with depression, this doesn't mean you will get depression.

#### WILL THEY GET BETTER?


Just like many other illnesses, there are ways to treat depression.

There are **medications** that help people with depression feel better.

Sometimes it can take a while to find the right one, but doctors can help people find the medication that works best for them.

**Counselling or therapy** can also help people with depression understand their illness and learn new ways to deal with problems.

People with depression often have to take treatment for a long time.



THEY MAY BECOME ILL,  
GET BETTER,  
BECOME ILL AGAIN,  
AND THEN GET BETTER AGAIN.

Even though depression may sound like a scary illness to have, with treatment, people with depression can feel better.

**Wow, we have learned a lot.** Now you know more about what your loved one with depression is going through.

## WORDS FOR UNDERSTANDING

**Antidepressants:** Medications that are used to treat depression. These medications can help people feel better, as well as sleep and eat better.

**Antipsychotics:** A group of medications that are used to treat psychosis, which is when a person has a hard time knowing what is real and what is not real. These medications help people think more clearly and take away symptoms like hallucinations and delusions. Antipsychotics can help people who have schizophrenia, bipolar disorder, and other mental illnesses.

**Delusions:** When a person strongly believes something that is not true and they cannot be convinced it is not true. Other people do not share this same belief. For example, the person may think someone is trying to poison their food or the police are after them. Delusions can happen with some mental illnesses.

**Hallucinations:** Seeing, hearing, tasting, smelling, and/or feeling things that are not really there. A person who is having hallucinations really believes that they are sensing these things. Hallucinations can happen with some mental illnesses.

**Hereditary:** The traits we are born with that make us like our parents and close relatives. For example, the colour of our eyes or hair, or how tall we will become. We can also inherit how physically or mentally healthy we will be.

**Paranoia:** When people fear someone or fear something will harm them. It is usually a fear of something that will not happen, but it is hard for the person to understand that this will not happen.

**Phobias:** When people have a fear of certain things like places, animals, water, high buildings, etc. and avoid these things because their fear is so strong.

**Psychosis:** When a person is out of touch with reality or is unable to tell the difference between what is real and what is just in their mind. For example, they may believe that things are happening when they are not. It affects how they think, feel, and behave. Psychosis can happen with mental illnesses like schizophrenia and bipolar disorder, or from other things like using drugs.

## TALK ABOUT MENTAL ILLNESS

Mental illnesses have to do with how a person's brain works. They are illnesses just like diabetes and cancer, but mental illnesses are treatable. With treatment like medication, therapy, and rest, many people will learn to manage their mental illness and can work and enjoy life. As with other illnesses, some do not fully recover and may continue to need support.

**Schizophrenia:** A brain disease that affects the way a person thinks, feels, and relates to others. It makes it hard for the person with the illness to tell what is real and what is not real. Their thinking gets mixed up and they have hallucinations (seeing, hearing, tasting, smelling, and feeling things that aren't real) and delusions (they believe things that are not true).

**Bipolar Disorder:** An illness that affects a person's moods. Sometimes a person can feel very, very sad (depression) or, at other times, they can be very energetic (mania). Moods can be mild, moderate, or severe and can also include a change in the way a person thinks and behaves.

**Major Depression:** When a person feels very low or sad most of the time. Symptoms may include: sleeping too much, not being able to sleep (even when tired), not finding anything fun or interesting, and even not feeling hungry. The person may have very little energy and not be able to do what they usually do.

**Anxiety Disorders:** When a person has a lot of worry (much more than average) about things that may or may not happen. It can sometimes cause things like stomach aches, pains in other parts of the body, and shortness of breath. Sometimes people may fear things like places, animals, etc. and avoid those things because their fear is so strong.

**PTSD (Post-Traumatic Stress Disorder):** This may appear after a very upsetting or shocking event in someone's life. Sometimes they may be in a situation that reminds them of that event and their brain may be telling their body to "run" in order to protect themselves, even when they are actually safe. They may have trouble sleeping, be easily afraid, be grumpy, or always looking for dangerous situations.

**OCD (Obsessive Compulsive Disorder):** A person with OCD often cannot stop worrying, no matter how much they want to. Sometimes these worries make them do certain things over and over again, such as cleaning, touching things, or organizing.

**Substance Use Disorder:** An illness that causes a person to use substances like alcohol or drugs in a way that leads to problems in their life. They may find it very difficult to stop using the substance even when they want to stop. They may have trouble with their health, their relationships with other people, going to work or school, and taking care of themselves because of their substance use.

# CANNABIS & MENTAL ILLNESS

While it is legal for people aged 19 and older to use cannabis in BC, as with alcohol, cannabis use may have both negative and positive effects. This is particularly true for people who have a genetic vulnerability to mental illness.

## INCREASED RISK

Cannabis has been associated with an increased risk of psychosis and schizophrenia for people with a genetic vulnerability (family history) to serious and persistent mental health illness. Some people who use large amounts of cannabis, even without such risk factors, may experience a psychotic episode. These episodes usually resolve relatively quickly. But for some people, the episode may trigger further episodes that can later contribute to a diagnosis of schizophrenia or other persistent mental illness.

## UNDERSTANDING SUBSTANCE USE

People have been using cannabis (weed, marijuana, pot) and other drugs like alcohol and caffeine throughout history. People use these drugs as tools for a variety of reasons, including to feel good and to explore new experiences. Some people use these substances to try and deal with symptoms of their mental illness, but drugs and alcohol can often make the symptoms of mental illness worse.

While low to moderate cannabis use has less potential for harm, prolonged or heavy use is associated with significant harm, especially in youth under the age of 25. Heavy cannabis use by youth is often a way to cope with stress or deal with unpleasant feelings but cannabis use can also lead to negative mental health outcomes.

## HOW YOU CAN HELP YOUR LOVED ONE

Recognize the person may be using cannabis as a tool to deal with symptoms related to schizophrenia. This will help you engage in dialogue that explores the person's own experiences rather than focusing on the drug use itself. This way the person can reflect on the reasons for their drug use, its impact on their life and other tools that may be available.

**Authors:** BC Schizophrenia Society and Canadian Institute for Substance Use Research

## CONCURRENT DISORDERS

A concurrent disorder is when a person has two separate but related diagnoses that occur at the same time, for example a mental illness and a substance use disorder.

**There are four ways that mental illnesses and substance use disorders occur together:**

**A mental illness comes first.** A person uses substances like alcohol or other drugs to help them deal with troubling symptoms of a mental illness.

**A substance use disorder comes first.** A person uses a substance that triggers symptoms of a mental illness, like depression or psychosis.

**Both problems start at the same time.** A mental illness and a substance use disorder are triggered by the same event, like a traumatic experience.

**The problems start separately.** A mental illness and substance use disorder both start separately, but have the same risk factors, like genetics or a difficult environment.

**Symptoms:**

- It can be hard to tell the difference between a mental illness and substance use disorder, because many symptoms look the same, substances can hide symptoms of a mental illness, and substances can make a mental illness worse.

**Treatment:**

- treatment is required for both diagnoses.
- combination of medication and therapy.
- exact treatment depends on: the specific mental illness and substance use disorder, how severe each problem is, and how the problems interact.

**More information about concurrent disorders:**  
[keltymentalhealth.ca/concurrent-disorders](http://keltymentalhealth.ca/concurrent-disorders).

## REMINDER

Here are some important things to remember if someone in your life has a mental illness like depression...



### IT'S NOT YOUR FAULT

No one can cause another person to have a mental illness.

### YOUR FEELINGS ARE OKAY

You may have a lot of different feelings. It's okay to feel sad, lonely, angry, confused or however you feel. Other people feel the same way.

### TALK TO SOMEONE YOU TRUST

Share your feelings with someone you trust – a parent, grandparent, aunt or uncle, counsellor or teacher.

### TAKE CARE OF YOURSELF

Find things you enjoy doing. Play a sport, read, bake, dance, make art, spend time with friends – anything you find fun that helps you relax.

### IT CAN GET BETTER

With medication and help from doctors, counsellors, family and friends, people with mental illness do get better.

### IT'S NO JOKE

People should never make fun of mental illness.

### KNOWLEDGE IS POWER

It can be helpful to learn more about mental illness, so you understand what is happening for your friend or family member. Then it won't seem so scary or confusing.

## WHERE CAN I LEARN MORE?

The following resources have more information about mental illness and how to cope when someone you love has a mental illness:

### **Kids, Tweens & Teens in Control Groups**

Support and education groups for children and youth ages 8-18, who have a loved one with a brain illness and/or addiction.

[bcssyouth.org](http://bcssyouth.org)

### **BC Schizophrenia Society**

Information about schizophrenia and other mental illnesses.

[bcss.org](http://bcss.org)

### **COPMI (Children of Parents with a Mental Illness)**

Information and videos about mental illness for young people who have a parent with a mental illness.

[copmi.net.au/kids-young-people](http://copmi.net.au/kids-young-people)

### **HeretoHelp**

Information and resources about mental health and substance use.

[heretohelp.bc.ca](http://heretohelp.bc.ca)

## NEED HELP?

### **Kids Help Phone**

Call 1-800-668-6868 or  
Text CONNECT to 686868  
[kidshelpphone.ca](http://kidshelpphone.ca)

### **KUU-US Crisis Line – First Nations and Indigenous specific crisis line**

Call 1-800-588-8717

### **YouthinBC – Online crisis chat service**

[youthinbc.com](http://youthinbc.com)

### **Crisis Centre Suicide Line**

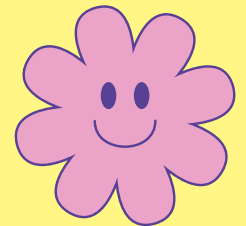
Call 1-800-SUICIDE  
(1-800-784-2433)

## REMEMBER THE 3 C'S

**I can't CAUSE it**

**I can't CHANGE it**

**I can CARE for myself**



# THINGS I CAN DO TO HELP MYSELF

In an emergency, I can call:

If I need someone to talk to, I can call:

If I am looking for information, I can call:

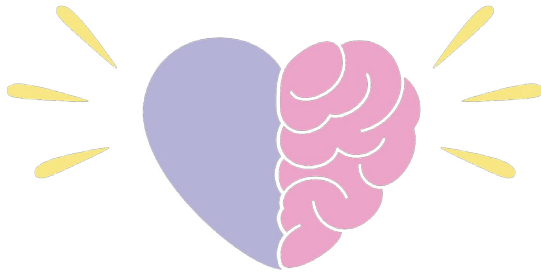
One person I can go to for help is:

Times when I may need help:

Things I can do to help myself feel better:

## NOTES

You can care  
for yourself



## **YOUR MENTAL HEALTH MATTERS**

For more information on supporting families and friends with mental illness, please contact:

### **British Columbia Schizophrenia Society & BCSS YOUTH**

1100 – 1200 West 73rd Avenue  
Vancouver, BC V6P 6G5

**Phone:** 604-270-7841

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**Websites:** [bcss.org](http://bcss.org) | [bcssyouth.org](http://bcssyouth.org)