Canadian Mental Health Association
Kenora
Mental health for all

WHAT MAKES A MENTAL HEALTH SUPERHERO

MENTAL HEALTH SUPERHERO CAMPAIGN

CMHA Kenora's Mental Health Superhero Campaign

A campaign that will focus on children's impressions on what it means to them to be a mental health champion and superhero.

Mental Health Superheroes are committed to promoting good mental health and helping others to do the same and play a critical role in increasing mental health awareness. A mental health Superhero is someone who takes action to raise awareness of mental health and challenge stigma.

Mental Health Superheroes work to create a culture where people feel comfortable talking about mental health and have the confidence to seek help. They also provide support and resources to those who are struggling with mental health issues.

The goal of this campaign is to raise awareness around positive mental health and wellbeing in an age-appropriate manner. As well as encouraging children and youth to promote positive mental health practices.

We are grateful to the Kenora & Lake of the Woods Community Foundation Community Needs Grant, which made this project possible. Their support helped us bring this campaign to life and uplift the voices of children in a meaningful and lasting way.

Speacial thank you to the schools/groups who participated and made this possible:

- Migisi Sahgaigan
- Kiizhik School
- Sakatcheway Anishinabe
- St. John Paul II
- St. John Paul School
- Evergreen School
- Valleyview School
- Sioux Narrows Public School
- KDSB Summer Camp

We asked children from kindergarten to grade six, what a Mental Health Superhero means to them and these are the results...

KINDERGARTEN

CALM & MINDFUL
PROVIDES AID

IS A HELPER
CALM & MINDFUL

STRONG

PEACEFUL

BRAVE

NICE

FRIENDLY

FRIENDLY

WHEN SOMEONE IS SAD, I WILL HELP

HAVE FUN WITH A FRIEND

KIND

I HELP PEOPLE TAKE CARE OF THEIR BABIES

I HELP MY MOM

KIND & HELPFUL

KEEP PEOPLE SAFE WITH WEBS

FAST, STRONG & BRAVE WITH LAZER EYES

HELPS DEFEND SCHOOL FROM BULLIES

STRONG, NEVER LETS ANTHING GET IN HIS WAY

GRADE 1

HELPS PEOPLE RUNS FAST & IS NICE

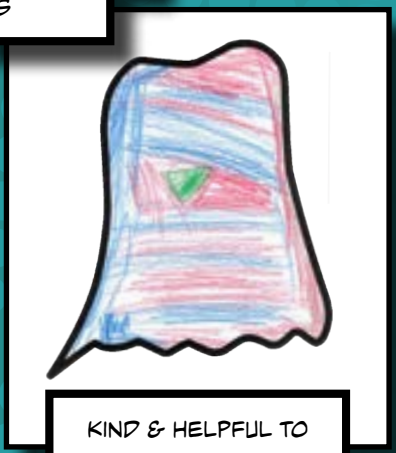
HELPS PEOPLE WHEN THEY FALL

HUGS, EXERCISE, LOYAL, KIND

SAVES PEOPLE FROM MONSTERS

THEY ARE GOOD FRIENDS

HELPFUL, KIND, RESPONSIBLE



KIND & HELPFUL TO EVERYONE

KIND, HELPFUL, CARING & NICE

HELPFUL, KIND, SHARING & PASSIONATE

THEY HELP PEOPLE WHEN THEY ARE SAD

THEY LISTEN AND ARE HELPFUL

PLAY OUTSIDE WITH THEIR FRIENDS

THEY ARE LOYAL & POSITIVE

LISTEN TO MUSIC AND GO FOR WALKS

EATING HEALTHY AND LISTENING TO MUSIC

KIND, HELPFUL, LOYAL & POSITIVE

KIND, HELPFUL, GIVING & SHARING

MAKES THE PLANTS HEALTHY

CHEERFUL, GOOD LISTENER & KIND

SAY'S SORRY WHEN THEY BUMP INTO SOMEONE

BRAVE, STRONG & HELPFUL

BRAVE, FRIENDLY & BEAUTIFUL

FUN AND A GOOD FRIEND

BRAVE, NICE, STRONG & HELPFUL

KIND, HELPFUL, SMILES & KIND

GRADE TWO

HELPS OTHERS TO FEEL BETTER

THE KINDNESS CAPE

SPECIAL BUCKET FILLER

BE KIND BECAUSE IT MAKES LIFE BETTER

PUT A SMILE ON EVERYONES FACE

COLORFUL, KIND & HAPPY

BE KIND

BE KIND

SOMEONE WHO IS KIND AND HELPS

HELPS OTHERS TO FEEL BETTER

SOMEONE WHO SAYS KIND WORDS

SOMEONE WHO HELPS OTHERS

GRADE 3

SOMEONE WHO MOVES THEIR BODY

SOMEONE THAT SAVES PEOPLE

HELPFUL & SAFE

SOMEONE WHO IS KIND TO ANIMALS

SOMEONE WHO NEVER GIVES UP

KIND

HELPS PEOPLE WHO ARE REALLY SICK

MOM HELPS THE WATER SO PEOPLE ARE HAPPY

DAD HELPS PEOPLE WITH CANCER

GIVES FOOD AND SHELTER TO THE HOMELESS

HELPS PEOPLE WHO ARE HURT

TEAM AND FAMILY MAKE ME BETTER

THEY MAKE SUNNY DAYS

THEY ARE KIND & A GOOD LISTENER

SOMEONE WHO STAYS ACTIVE AND KIND

GOES TO BED ON TIME AND LISTENS

KIND, HELPFUL, LOVING & FRIENDLY

STAYS ACTIVE AND EATS HEALTHY

SOMEONE WHO IS HELPFUL AND KIND

LIMITS THEIR SCREEN TIME AND GETS SLEEP

GOES TO BED ON TIME AND IS ACTIVE

HELPS OTHERS WHEN THEY ARE HURT

DOESN'T USE A SCREEN ALL THE TIME

GRADE 4

CONFIDENT, BRAVE & HELPFUL

SAYS NICE THINGS TO OTHERS

CONFIDENT, KIND, BRAVE & HELPFUL

KIND, BRAVE, NICE & SMART

SOMEONE WHO EATS HEALTHY AND IS ACTIVE

A FRIEND THAT YOU CAN TALK TO

HELPS PEOPLE DO WHAT THEY LOVE

SOMEONE WHO HELPS PEOPLE

SOMEONE WHO IS CONFIDENT LIKE ME!

SOMEONE WHO HELPS PEOPLE WHEN THEY ARE SAD

SOMEONE YOU CAN TRUST AND TALK TO

SOMEONE WHO KEEPS GOING

MUSIC TO HELP CALM DOWN

READING TO HELP CALM DOWN

SOMEONE WHO CAN HELP WHEN YOU ARE SAD

KIND, NICE & GOOD

KIND, SMART, STRONG & FUNNY

FAMILY

STRONG & KIND TO THEIR MIND

KIND, FUNNY, HEALTHY & SMART

CARING

KIND, CARING, RESPECTFUL & LOVING

ALWAYS KIND, LOVING & FUN

SOMEONE WHO WANTS TO HELP

GRADE 5

SOMEONE WHO TAKES AWAY YOUR ANGER

CAN READ MINDS &IS A GREAT TEACHER

CAN READ MINDS & IS CARING

CAN READ MINDS & IS HELPFUL

GREAT HEARING AND IS HELPFUL

CARING & IS A GOOD TEACHER

GENEROUS WITH THEIR TIME

HELPFUL, CARING & IS A GOOD LISTENER

EMPATHETIC AND CARING

SOMEONE WHO CARES ABOUT MENTAL HEALTH

STRONG, SMART, KIND & HELPFUL

STRONG, HEALTHY & POSITIVE

POWERFUL, LOVING AND STRONG

KIND, SMART, HEALTHY & STRONG

LOVING, RESPECTFUL & CARING

SOMEONE WHO HELPS KIDS IN THE HOSPITAL

SOMEONE WHO HELPS KIDS IN THE HOSPITAL

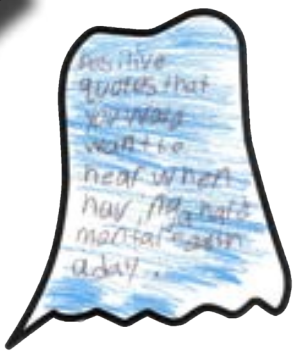
SMART & CAN MAKE CANDY

SMART, STRONG & A GOOD LISTENER

SOMEONE WHO IS THEIR FOR THEIR FRIENDS

GRADE 6

KIND, SMART, POSITIVE & ARTISTIC

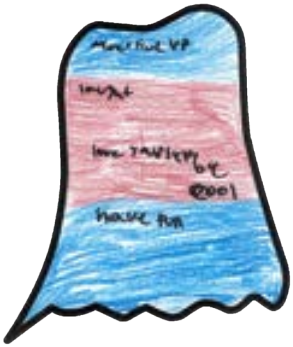


STRONG, NICE & POSITIVE

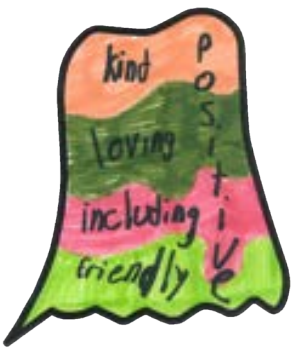
SOMEONE WITH A STRONG MINDSET

COOL, SMART, KIND & LOVED

LOVING, KIND, STRONG & EMOTIONAL



SOMEONE WHO NEVER GIVES UP



KIND, LOVING, FRIENDLY & POSITIVE

NEVER GIVE UP & STAY POSITIVE

SELFLESS, GENEROUS & KIND

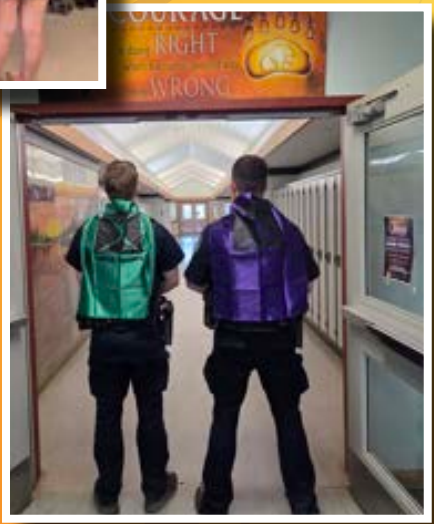
LOVES THEMSELVES

KIND TO THEIR MIND & ALWAYS POSITIVE

LOVES EVERYONE & IS KIND

GIVES PEOPLE FOOD & HELPS ANIMALS

GRATEFUL FOR EVERYTHING


RIGHT
WRONG

Canadian Mental Health Association
Kenora
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Canadian Mental Health Association Kenora Branch
807-468-1838
Crisis Response Services
1-866-888-8988 or text 807-346-8282
Suicide Crisis Helpline
9-8-8
Kids Help Phone
1-800-668-6868