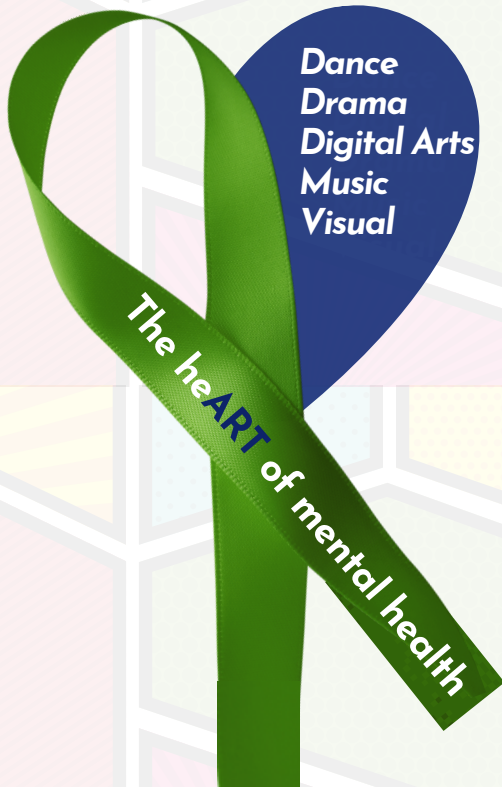


TOGETHER IN THE VALLEY

#heARTofMentalHealth May 2022

CELEBRATING HOW THE ARTS SUPPORT MENTAL HEALTH & WELL-BEING



All underlined text
is hyperlinked

Together in the Valley is spotlighting how the arts can support your family's mental health and well-being.

Arts activities can lower stress and anxiety while boosting confidence, self-esteem, calmness, and positive feelings. There are NO rules to creativity!

How might you add the arts to your family's self-care routine?

Join us for a Virtual #heARTofMentalHealth Gala

Date: Tuesday, May 31, 2022

Time: 7:00 p.m. - 8:00 p.m.

Enjoy:

- performances from local artists
- interactive activities
- some time for laughter and fun
- information about the benefits of the Arts on mental health and well-being
- your school community

As this event will be streaming live, no pre-registration is required. For a link to the event, [click here](#).

How does your family use the Arts to support mental health and well-being?

Celebrate with us by submitting artwork using one of these options:

- submit to your child's teacher
- submit to our group [Flipgrid](#)
- post to Twitter, Instagram [#heARTofMentalHealth](#) [@TVinnovates](#) [@TVDSBcares](#)
- upload files using this [Google Form](#)

All submissions will be shared in our virtual [@TVinnovates](#) gallery

In partnership with the [London Arts Council](#)



TVDSB has school mental health professionals available to support your children. Please contact your school administrator about available school mental health services or reach out to one of the community supports listed on page 2 of this resource.



TOGETHER IN THE VALLEY MENTAL HEALTH CRISIS RESOURCES



If you or a friend are experiencing a mental health crisis, please contact 911 or visit your local Hospital Emergency Department.



Resources For All TVDSB Students In The Valley

All underlined text is a hyperlink to additional resources

Reach Out 24/7 Crisis Support

Call or Text: 519-433-2023
Toll Free: 1-866-933-2023
Web Chat: reachout247.ca

Call, Text, Web Chat, or follow the underlined hyperlink to learn about Free Transportation to Mental Health Support for youth, 16yrs-25yrs, in Lucan, Parkhill, Strathroy, Exeter.

LHSC Virtual Emergency Clinic: Virtual clinic does not replace in-person visits. Parents/children can speak to an emergency doctor via video conference to discuss situation and determine next steps. Call toll-free 1-844-227-3844, seven days a week, 12 noon to 7 p.m., www.lhsc.on.ca/emergency-department

Black Youth Helpline: 1-833-294-8650; 9:00 am to 10:00 pm, daily, www.blackyouth.ca

Hope For Wellness (24/7 Indigenous Helpline): 1-855-242-3310, web chat: www.hopeforwellness.ca. Services available in English, French, Cree, Ojibway, and Inuktitut.

Naseeha (support for Muslim youth): 1-866-627-3342, daily 12pm - 12am, www.naseeha.org

YouthLine (peer support for 2SLGBTQQI youth): 1-800-268-9688 (phone), 647-694-4275 (text), www.youthline.ca (live chat), Sunday to Friday, 4:00pm- 9:30pm.

Kids Help Phone: 24/7, call 1-800-668-6868, Text 686868 (youth) or 741741 (adults), message at [Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone](https://facebook.com/CrisisTextLinepoweredbyKidsHelpPhone), www.kidshelpphone.ca

Asking for help can be hard. The first step is to start the conversation.

London and Middlesex:

Canadian Mental Health Association (CMHA): 24/7 walk-in support. As of May 2, 2022 the Crisis Centre will return to 648 Huron St., London. Call 519-601-8055 or 1-844-360-8055, www.cmhamiddlesex.ca, 16 yrs +

Tandem (formerly CIT/Crisis & Intake): call (519)433-0334 for 24/7 crisis support, or to schedule in-person, phone, video appointments, for children/youth/families. Francophone services also available, www.tandemhelps.ca

Talk-In Clinics: Free counselling for children, youth and families. No appt/referral required. For clinic locations call 519-433-0334, 0-18 yrs

Oxford and Elgin:

Wellkin Child & Youth Mental Wellness: 24/7 crisis support, 1-877-539-0463, www.wellkin.ca

Oxford Walk-In Counselling: 1-800-859-7248 x 210, as of Sept 2021, pre-book free sessions either in person, virtually or by telephone.

Elgin Walk-In Support: Main Office, 110 Centre Street, St. Thomas, Mon- Fri, 8:30AM - 4:30PM, closed on holidays. St. Thomas Elgin General Hospital, Rm G700 - 189 Elm Street, St. Thomas, 7 days/wk, 8:00AM - 11:00PM, including holidays. No appt required.

Mental Health Websites

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

School Mental Health
Ontario