

TOGETHER IN THE VALLEY

#heARTofMentalHealth May 2022

CELEBRATING HOW THE ARTS SUPPORT MENTAL HEALTH & WELL-BEING

Together in the Valley is spotlighting how the arts support mental health and well-being.

Whether you create it, participate in it or enjoy watching, connecting with the arts may improve mood, helps you manage your feelings and thoughts, and is a healthy distraction from a busy or difficult day!

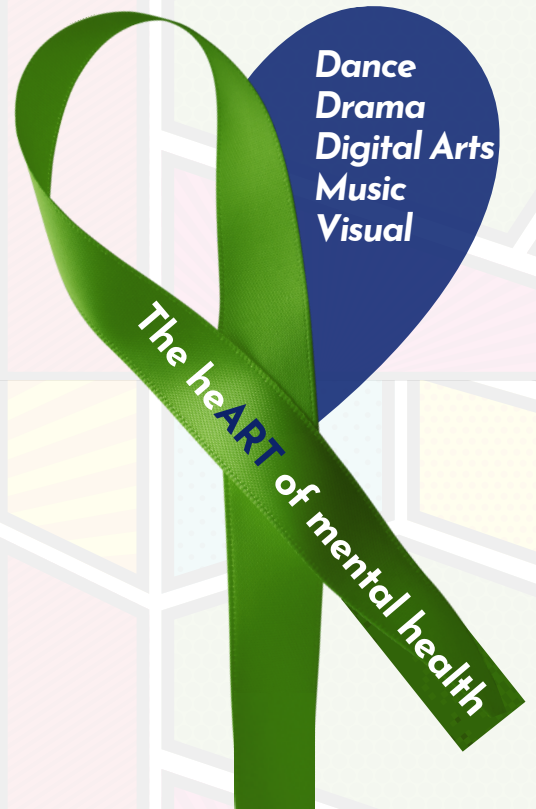
There are **NO** rules to creativity!

We would love to see how you are using the Arts to support your mental health!

Share your creativity using any of the following options:

- submit through your teacher
- [FligGrid Video Gallery](#)
- [@TVinnovates](#) @TVDSBcares
- #heARTofMentalHealth
- upload files using [Google Form](#)

All submissions will be shared in our virtual @TVinnovates gallery



All underlined text is hyperlinked

List what you do in your spare time that brings you joy.

- _____
- _____
- _____
- _____
- _____

Bake, cook

Garden

Colour

Knit, sew

Dance

Sing

Laugh

Doodle

Journal

Paint

Draw your mood

Write poetry, a story



How to Help a Friend

- Check in
- Say what you see
- Listen completely
- Understand their feelings without judgement
- Careful not to make assumptions
- Help each other make safe choices
- Get help as needed - reach out to a guardian, teacher, crisis line, trusted adult
- If you think there's an immediate safety risk, call 911

Adapted from [School Mental Health Ontario](#)

Adapted from www.mindyourmind.ca/tools/

It is O.K not to be O.K! Asking for help can be awkward. The first step is to start the conversation. Please talk to an adult at your school about the TVDSB counsellors available to support you, 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, 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. Due to temporary address change (Sept 2021) call for location, 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