STUDENT MENTAL HEALTH AND WELL-BEING

# TOGETHER IN THE VALLEY

## HIGHLIGHTS

### Mental Health Is...

- The capacity to feel, think, and act in ways that enhance our ability to enjoy life and deal with challenges
- A positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity

Adapted from the Public Health Agency of Canada

Looking after our mental health is as important as looking after our physical health. It is O.K. to feel stressed, worried, anxious, sad, afraid or angry. When difficult emotions become severe and interfere with daily functioning we may need to reach out for support.

### The Mental Health Continuum: How Am I Doing?

Am I doing OK? Green: Healthy
Use simple coping tools: walk, talk to friends, music.
Limit news and media

What has changed? Yellow: Reacting
Get good sleep and eat well
Seek support from others

How long have I been feeling this way? Orange: Injured
Time to get professional help

I need help! Red: Ill
Get help now
Call a crisis line

*Continuum Self-Check Tool website: www.theworkingmind.ca/continuum-self-check*

### Family Well-Being: Community Workshop Series

To support caregivers and families, the Thames Valley District School Board, London District Catholic School Board, and a number of community service providers are collaborating to provide workshops addressing various well-being topics of interest throughout the year. Scan the QR code for more information.

### Support your Mental Health by:

- Getting plenty of sleep
- Smiling and laughing
- Taking good care of the earth
- Looking at or taking photographs
- Taking a shower or bath
- Eating healthy
- Stretching
- Gardening/yard work
- Asking for help
- Blowing bubbles
- Creating art, colouring, painting, or drawing
- Weave, kniting or crochet
- Using kind and compassionate self-talk
- Practicing gratitude
- Journalling/ writing
- Taking slow, mindful breaths
- Kicking bouncing or throwing a ball
- Drinking a cup of tea
- Using a stress ball or other fidget tool
- Visualizing a peaceful place
- Getting a hug
- Doing a puzzle
- Trying or learning something new
- Exercising
- Cleaning, decluttering, organizing

### *Notice the Changes: Signs and Symptoms*

Mood: Anxiety, anger, sadness, feeling numb
Thinking: Intrusive negative thoughts, difficulty concentrating, suicidal thoughts
Behaviour and Performance: Isolating, withdrawing, hard time finishing tasks, risky behaviours
Physical: Weight fluctuations, sleep problems, digestive issues, aches/pain
Addictive Behaviours: Misuse of drugs, alcohol
When significant changes become our daily experience, over longer periods, further support may be needed.

### Supports:

If you are in crisis and need immediate support call the Reach Out crisis line, 1-866-933-2023, or call 911.
London-Middlesex, walk-in support: Mental Health and Addictions Crisis Centre at 534 Queens Ave, London.
Oxford Walk-In Counselling: 1-800-859-7248 x 210, as of Sept 2021, pre-book free sessions either in person, virtually, by telephone.
Elgin Walk-In Support: Main Office, 110 Centre St, 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/week,
8:00AM - 11:00PM, including holidays. No appointment required.

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

### Kids Help Phone

KidsHelpPhone.ca
Text 686868 (youth) or 741741 (adults)
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone

Indigenous people can connect with an Indigenous volunteer crisis responder when available by messaging FIRST NATIONS, INUIT or METIS over text or messenger.

*Underlined text is a hyperlink to more information*

**You can now text Reach Out 24/7 at**

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

### Mental Health Resources

www.TVDSB.ca
www.mindyourmind.ca
www.jack.org
School Mental Health Ontario