Together in the Valley
Arts Festival and Mental Health Week May 3-7, 2021
CELEBRATING HOW THE ARTS SUPPORT MENTAL HEALTH & WELL-BEING

It's been a school year that looks and feels different. We are proud of your efforts and accomplishments! Taking care of your mental health continues to be important. On those challenging days please reach out to a trusted adult.

Together in the Valley is spotlighting how the arts promote good mental health. Arts activities can lower stress and anxiety while boosting confidence, self-esteem, calmness, and positive feelings. How might you add the arts to your self-care routine?

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

Share your art using any of the following options:
- Submit through your teacher
- FlipGrid Video Gallery
- @TVinnovates @TVDSBcares
- #heARTofMentalHealth & #TVcreateFest
- Google Form


All submissions will be shared in our virtual @TVinnovates gallery

Arts activities to do at home:
- Bake, cook
- Garden
- Colour
- Knit, sew
- Dance
- Sing
- Paint a rock
- Draw your mood
- Write music, poetry, a story
- Create your own coat of arms

There are no rules to creativity.”
Laura Jaworski

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.

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](http://reachout247.ca)

Mental Health Resources
- [www.TVDSB.ca](http://www.TVDSB.ca)
- [www.mindyourmind.ca](http://www.mindyourmind.ca)
- [www.jack.org](http://www.jack.org)
- School Mental Health Ontario

Underlined text is a hyperlink to more information