

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](#)

For more info visit <http://bit.ly/tvinnovates>

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.

[Kids Help Phone](#)

KidsHelpPhone.ca

Text 686868 (youth) or 74741 (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](tel:519-433-2023)

Toll-free: [1-866-933-2023](tel:1-866-933-2023)

Web Chat: reachout247.ca

Mental Health Resources

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

[School Mental Health Ontario](#)