Together IN the Valley

We hope you're having a relaxing, fun, and safe break! A new school year means re-connecting with friends, peers, school staff, and new learning opportunities.

As the summer holidays come to an end, it is common to feel a little sad, a bit excited, and nervous about the return to school.

Remember, on those tougher days, talk to a parent/guardian, or reach out to the TVDSB School Mental Health Professionals. We're available Monday to Friday, 9am to 4pm. Reach us by phone at 548-486-5188 or email at tvdsbcares@tvdsb.ca

What is Mental Health?

Mental health and well-being is inspired through “a balance of the mental, physical, spiritual, and emotional” (SMHO).

Mental health is the ability to feel, think, and act in ways that help us:
- get through challenges and stress
- enjoy life
- have hope and purpose
- feel connected to others
- have a sense of belonging

Caring for your mental health and well-being during the school year

- Get enough sleep
- Stay physically active
- Stay connected to caring adults, friends
- Replace negative thinking with helpful thinking
- Give yourself permission to feel whatever emotions you may be feeling - without judgement
- List 6 healthy activities you can do when stressed and needing a distraction
- Name 2 caring adults you will to talk to when feeling overwhelmed

Caring for your mental health and well-being during the school year

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
Naseeha Youth Helpline: https://naseeha.org/

Kids Help Phone

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

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
STUDENT MENTAL HEALTH AND WELL-BEING

TOGETHER IN THE VALLEY

August 2021

READY...SET...
RETURN TO LEARN

Mid-Aug

Stay physically active: walk, bike, yoga, swim, dance

Talk to a parent/guardian about any worries

Start using your alarm clock. Roll the clock back by 15-30 min, daily

Set/follow a sleep, rise routine.

Create a mood boosting playlist

Make a plan to connect with positive, supportive friends/peers.

Eat well

Set up a space for online learning, and/or doing homework. Consider: a space outside of your bedroom, what supplies do you need? Create a schedule: homework, social/family time, chores, quiet time, bed time.

Colour to calm nerves

Choose what you want to wear on the first few days.

BREATHE

You've got this

Night before:
Have school supplies ready
Prepare snacks/lunch
Set your alarm
Go to bed early

LAUGH

Sept 7: First Day of School

adapted from https://www.anxietycanada.com/articles/coping-with-back-to-school-anxiety/