It’s been a school year that looks and feels different. You are doing a great job and we are proud of you! Remember, on those days that are not so easy, sometimes all it takes to feel better is to chat for a little bit. There is always somebody there for you. It’s a sign of strength to reach out if you are needing help.

Adapted from www.KidsHelpPhone.ca

TVDSB has counsellors available to support you. Please talk to an adult at your school about the help that is available.

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

CALM with COLOUR

Colouring helps you feel:
more calm
more focused
less stressed
more in control of your body and
distracts from unpleasant thoughts

You can now **text** Reach Out 24/7 at 519-433-2023.

Three reliable ways to connect to and receive mental health and addictions support.

Call or Text: 519-433-2023
Toll-free: 1-866-993-2023
Web Chat: reachout247.ca