

# STUDENT MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY

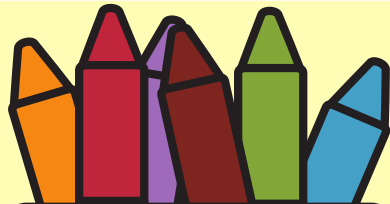
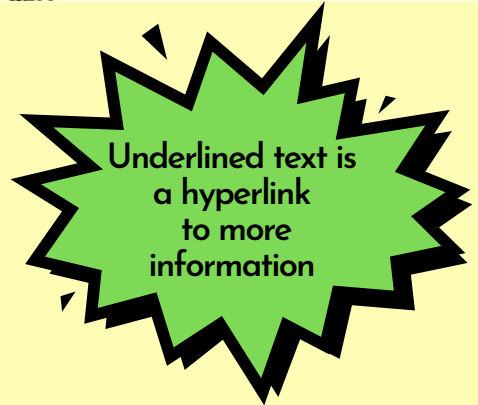


*It's been a school year that looks and feels different. You are doing a great job and we are proud of you! Remember, on those days that are not so easy, sometimes all it takes to feel better is to chat for a little bit. There is always somebody there for you. It's a sign of strength to reach out if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

Adapted from [www.KidsHelpPhone.ca](http://www.KidsHelpPhone.ca)



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



## CALM with COLOUR

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

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

## PERSONAL GRATITUDE

One of my strengths that I am grateful for is

One thing I can do to express gratitude is

One person I am grateful for is

One memory I am grateful for is

One challenge I am grateful for is

One beautiful thing in my life I am grateful for is

[www.jack.org](http://www.jack.org)



**Kids Help Phone**  
 Whenever you need to talk.

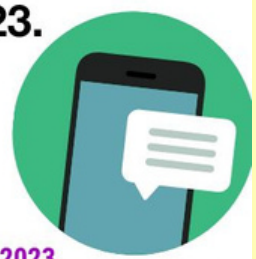
KidsHelpPhone.ca  
 Text 686868 (youth) or 741741 (adults)  
 Call 1-800-668-6868  
 Message at Facebook.com/  
 CrisisTextLinepoweredbyKidsHelpPhone

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

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

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: **1-866-933-2023**  
 Web Chat: [reachout247.ca](http://reachout247.ca)

