FAMILY MENTAL HEALTH AND WELL-BEING

# TOGETHER IN THE VALLEY

June 2022

***Thank you for the support, care, and commitment you've shown for yourself and your child's education throughout the school year!***

***Together in the Valley is putting a spotlight on using the Arts to support our mental health!***

***There are NO rules to creativity!***

**Arts activities can lower stress and foster a sense of calm. How might you include the Arts in your family's summer self-care routine?**

- Paint to music. Letting creativity flow in response to music is a great way to let out feelings and just relax.
- Put together a journal. Journals don't have to just be based around words. Making an art journal lets you visually express emotions.
- Dance to your favourite music. Listen to music that lifts your mood or calms your brain and body.
- Finger paint. Finger painting can be fun for the entire family. Get your hands messy and really have fun spreading paint around.
- Write poetry, a song, a short story, a play.
- Make sock puppets and act out a play, or scenes from a favourite movie.
- Learn to knit or sew.
- Cook, bake - try a new recipe.
- Create a collage of important things.

## Watch the TVDSB Virtual #heARTofMentalHealth Gala

Enjoy:

- performances from local artists & TVDSB students
- interactive activities
- some time for laughter and fun
- information about the benefits of the Arts on mental health and well-being

**To watch the gala, please click here.**

## Family Well-being COMMUNITY WORKSHOP SERIES

Families and caregivers have supported their children transitioning between virtual and in-person learning environments, while having less access to the support of family, friends, and their community.

To support caregivers and families, the Thames Valley District School Board and London District Catholic School Board, along with a number of different service providers are coming together to provide workshops addressing various well-being topics of interest throughout the year.

Workshops being offered in August 2022:

- Sleep solutions, nutrition, routines, transitions
- Supporting child transitioning to highschool
- Understanding and managing your stress response

**For more information on workshop topics, dates, time and accessing he workshop, please click here, or visit the Thames Valley District School Board, Parents, Mental Health and Well-Being web-site.**

# TOGETHER IN THE VALLEY
# MENTAL HEALTH CRISIS RESOURCES

***If you or a friend are experiencing a mental health crisis, please contact 911 or visit your local Hospital Emergency Department.***

## Resources For All TVDSB Students In The Valley

***All underlined text is a hyperlink to additional resources***

## Reach Out 24/7 Crisis Support

**Call or Text: 519-433-2023**
**Toll Free: 1-866-933-2023**
**Web Chat: reachout247.ca**

*Call, Text, Web Chat, or follow the underlined hyperlink to learn about Free Transportation to Mental Health Support for youth, 16yrs-25yrs, in Lucan, Parkhill, Strathroy, Exeter.*

*LHSC Virtual Emergency Clinic*: Virtual clinic does not replace in-person visits. Parents/children can speak to an emergency doctor via video conference to discuss situation and determine next steps. Call toll-free 1-844-227-3844, seven days a week, 12 noon to 7 p.m., www.lhsc.on.ca/emergency-department

*Black Youth Helpline*: 1-833-294-8650; 9:00 am to 10:00 pm, daily, www.blackyouth.ca

*Hope For Wellness* (24/7 Indigenous Helpline): 1-855-242-3310, web chat: www.hopeforwellness.ca. Services available in English, French, Cree, Ojibway, and Inuktitut.

*Naseeha* (support for Muslim youth): 1-866-627-3342, daily 12pm – 12am, www.naseeha.org

*YouthLine* (peer support for 2SLGBTTQQI youth): 1-800-268-9688 (phone), 647-694-4275 (text), www.youthline.ca (live chat), Sunday to Friday, 4:00pm- 9:30pm.

*Kids Help Phone*: 24/7, call 1-800-668-6868, Text 686868 (youth) or 741741 (adults), message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone, www.kidshelpphone.ca

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

## London and Middlesex:

*Canadian Mental Health Association (CMHA)*: 24/7 walk-in support. Due to temporary address change (Sept 2021) call for location, 519-601-8055 or 1-844-360-8055, www.cmhamiddlesex.ca, 16 yrs +

*Tandem (formerly CIT/Crisis & Intake)*: call (519)433-0334 for 24/7 crisis support, or to schedule in-person, phone, video appointments, for children/youth/families. Francophone services also available, www.tandemhelps.ca

*Talk-In Clinics:* Free counselling for children, youth and families. No appt/referral required. For clinic locations call 519-433-0334, 0-18 yrs

## Oxford and Elgin:

*Wellkin Child & Youth Mental Wellness*: 24/7 crisis support, 1-877-539-0463, www.wellkin.ca

*Oxford Walk-In Counselling*: 1-800-859-7248 x 210, as of Sept 2021, pre-book free sessions either in person, virtually or by telephone.

*Elgin Walk-In Support*: Main Office, 110 Centre Street, St. Thomas, Mon- Fri, 8:30AM – 4:30PM, closed on holidays. St. Thomas Elgin General Hospital, Rm G700 – 189 Elm Street, St. Thomas, 7 days/wk, 8:00AM – 11:00PM, including holidays.. No appt required.

## Mental Health Websites

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

School Mental Health Ontario