



Have a Safe and Relaxing March Break!!

Taking care of your mental health continues to be important. Asking for help is O.K.! To speak with someone during the March Break please reach out to one of the community supports listed on page 2 of this resource. TVDSB counsellors are available to support you during the school year.

Check in with yourself and ask, "what do I need to calm my mind and body"?

Yes__ No__ I need to take deep breaths

Yes__ No__ I need to move my body (walk, stretch, exercise)

Yes__ No__ I need calming music, soothing sounds

Yes__ No__ I need to write about my feelings, thoughts

Yes__ No__ I need to cry

Yes__ No__ I need to laugh

Yes__ No__ I need to be outdoors

Yes__ No__ I need to talk to myself with kindness and out loud

Yes__ No__ I need some time with something special to me (pet, favourite toy, favourite smells, favourite view)

Yes__ No__ I need to sit somewhere that calms me

Yes__ No__ I need to talk to a parent/guardian, friend, help-line

Yes__ No__ I need to express myself through a form of art

Yes__ No__ I need a prayer or a spiritual affirmation

Yes__ No__ I need.....



HAND-TRACING EXERCISE

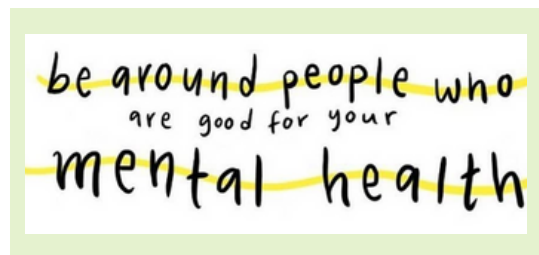
Starting at your wrist, trace the left side of your hand up to your middle finger while taking a deep breath for four seconds.

Pause at the tip of your middle finger and hold in your breath for 4 seconds

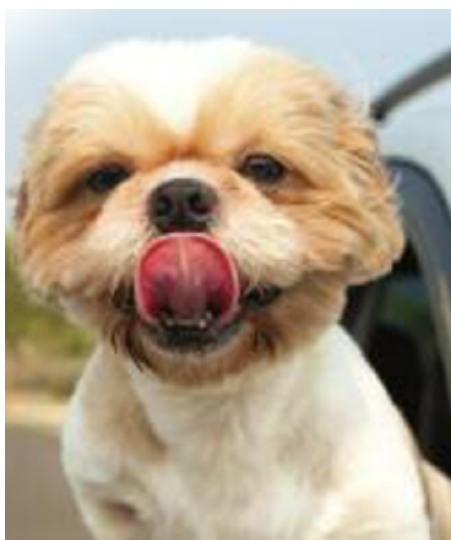
Breathe out while tracing down the right side of your hand for four seconds

Repeat 4 times

 School Mental Health Ontario
Santé mentale en milieu scolaire Ontario
Find out more at [jack.org/covid](https://www.jack.org/covid)



Desautels, Lori. (2021). Staff and student survey of regulatory resources and anchors. Retrieved March 2, 2022, from <https://revelationsineducation.com/wp-content/uploads/2021/08/%C2%A9-StaffStudent-Survey-Regulatory-Resources.pdf>.



THINGS WE CAN LEARN FROM A DOG

-  Run, skip, play daily
-  When you are happy, dance around and wag your entire body
-  Enjoy the fresh air and wind in your face
-  Never pretend to be something you're not



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 2SLGBTQQI 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



Ride a Bike
OR SKATEBOARD



ASK FOR HELP



Blow
Bubbles

Color
Paint
Draw



CREATE ART!

Listen to **MUSIC**



PLAY a
BOARD GAME

MAKE &
PLAY
WITH
SLIME



Practice
Gratitude



WEAVE,
KNIT OR
CROCHET

Use Kind &
Compassionate
Self-Talk



Make a
Scrapbook
OR Collage



PRACTICE
YOGA



Hug
or
Climb
a Tree

KICK
BOUNCE
OR THROW
a BALL



JOURNAL OR
WRITE A LETTER



Take Slow,
Mindful Breaths



Cuddle or Play
with Your Pet



TAKE A BREAK ACTIVITIES



Forgive
Let Go
Move On



Smile & Laugh

EAT
Healthy



Cook or
Bake

Drink
Water



Get Plenty
of **sleep**



TAKE A SHOWER
OR BATH



STRETCH

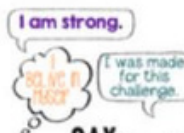


Go on a
Hike,
Walk or
Run

Use
Aromatherapy
(Smell something good)



Sing
and/or
Dance



SAY Positive
Affirmations

Take
GOOD CARE
of the
Earth



Look At or Take
PHOTOGRAPHS



Garden or
Do Yardwork



Visualize
a Peaceful Place



Try or
Learn
Something
New



EXPLORE & Nature's
DISCOVER Treasures



READ a Book
or Magazine



DRINK
A WARM
CUP OF TEA

USE a STRESS BALL
(or other fidget tool)



DO a PUZZLE



Cry



Play Outside

Clean,
Declutter
or Organize



Create
ORIGAMI



Get a
HUG



EXERCISE



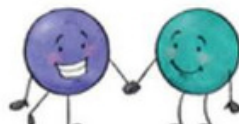
JUMP on a
Trampoline



Rest,
Take a Break, OR Nap



Do
Something Kind



BUILD



Something



TALK to Someone
You Trust