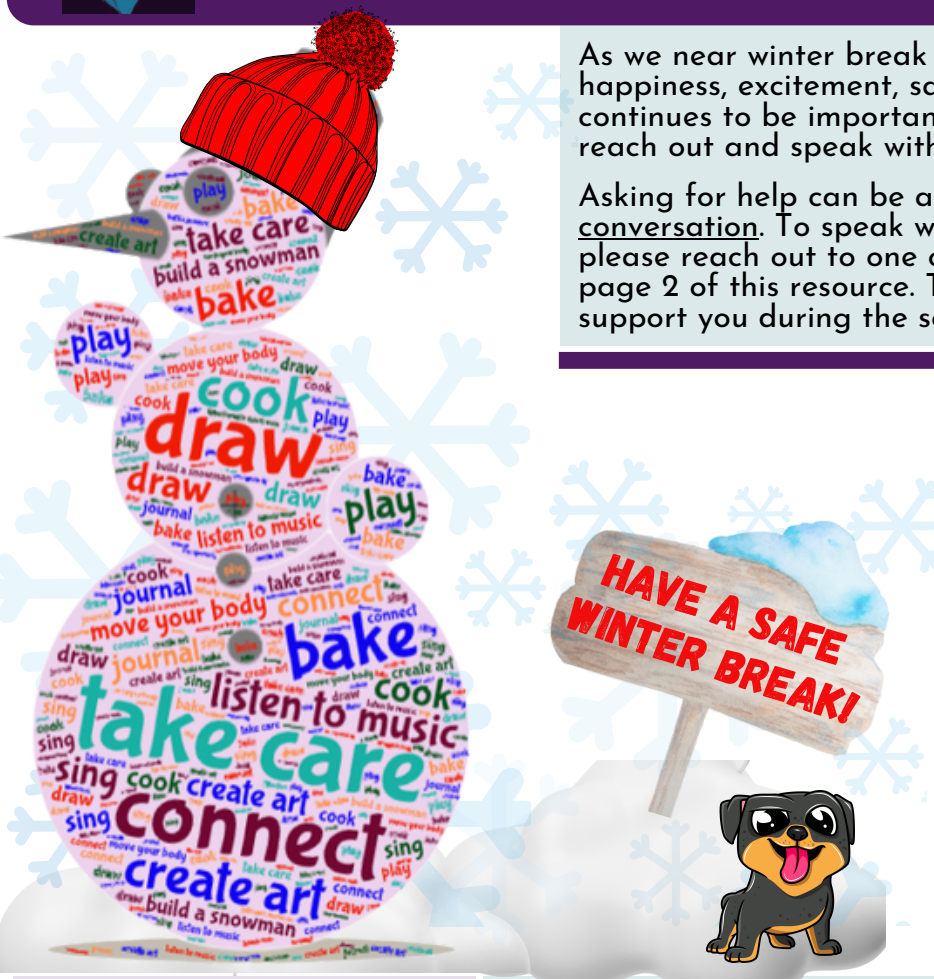




As we near winter break it's ok to feel differing things like happiness, excitement, sadness or fear. Taking care of yourself continues to be important. On those challenging days please reach out and speak with an adult.

Asking for help can be awkward. The first step is to start the conversation. To speak with someone during the Winter 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.

How to Connect Your Friend to Help

If your friend says something that makes you worry about their safety or the safety of other people, please connect to help right away, even if your friend has asked you not to. It's important to bring in others to support.

Here are some options:

- If you think there's an immediate safety risk, call 911.
- Speak with a counsellor 24/7 by calling or texting REACHOUT CRISIS support at 519-433-2023, Toll Free: 1-866-933-2023, Web Chat: reachout247.ca
- Speak to a parent or another trusted adult who will guide you, even if this means waking up a parent or guardian, or calling a crisis line.
- If you're at school, talk to a teacher, guidance counsellor, school counsellor, or a trusted adult.

Adapted from [School Mental Health Ontario](#) and [Jack.org](#)

It's OK to be however you feel!

- Give yourself permission to feel whatever emotions you may be feeling - without judgement
- Connect with your culture
- Spend time in nature
- Stay physically active
- Tap into your spiritual side
- Spend time with people you like
- Let the sunshine in!
- Practice random acts of kindness
- Snuggle with a pet, stuffed animal, cozy blanket
- Write music, poetry, a story
- Paint a rock, colour

How Can I Support A Friend?

There are things you can do to support a friend who is experiencing problems with their mental health. You don't have to do this alone. Your main job is to support them to get help.

What do I Say?

"You've seemed really down the past few days. Is there anything you want to talk about?"

How to Support:

- Check in
- Say what you see
- Take an interest
- Listen - hear them out
- Don't judge
- Don't make assumptions
- Help each other make safe choices.
- Get help as needed

Adapted from [School Mental Health Ontario](#)

"Snitching" vs Informing:
Snitching is sharing information to get someone into trouble. Informing is sharing facts and information to get someone out of trouble, keep someone safe, or seek needed help.

Underlined text
is a hyperlink
to more information



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



Drink
Water



Cook
or
Bake



Get Plenty
of **SLEEP**



TAKE A SHOWER
OR BATH



STRETCH

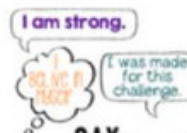


Go on a
Hike,
Walk, or
Run

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



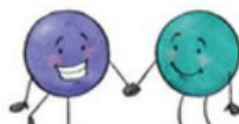
JUMP on a
Trampoline



Rest,
Take a Break, OR Nap



Do
Something Kind



BUILD



Something



TALK to Someone
You Trust