

STUDENT MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY

June 2022

Thanks for a great school year! Celebrate your success - big and small! As we near the summer break, it's ok to feel things like happiness, excitement, sadness or fear. Taking care of yourself is 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 break, please reach out to a parent, a trusted adult or to one of the community supports listed on page 3 of this resource.



Did you know that brightening someone else's day may make you feel better too?
Choose one or two acts of kindness each week!

Let a sibling go first 1	Say something nice to someone 2	Decorate Kindness Rocks 3	share 4	Play with someone new 5
Pick up trash without being asked 6	Say sorry if you do something wrong 7	smile at someone 8		HOLD THE DOOR FOR SOMEONE 10
Make a care package 11	Say "good job" 12	Give someone a flower 13	Say hi to someone 14	Volunteer 15
Write a nice letter 16	Clean up without being asked 17	Color a picture for someone 18	Say "Thank you" 19	Make a handmade gift 20

How To Support A Friend

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

How to Connect Your Friend to Help

If your friend says something that makes you worry about their safety or the safety of others, 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, trusted adult, even if this means waking up a parent or guardian, or calling a crisis line.

Adapted from [School Mental Health Ontario](https://www.schoolmentalhealthontario.ca/) and [Jack.org](https://www.jack.org/)



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](#).

Underlined text is a hyperlink to more information

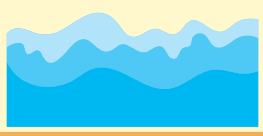
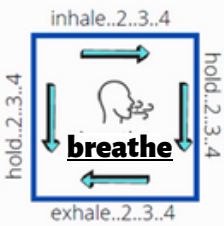
TOGETHER IN THE VALLEY

Summer Break



Each week complete five activities in a row horizontally, vertically or diagonally!

Underlined text is a hyperlink to more information

 Celebrate your wins - big or small!	 Grow a little garden	Ask for help	Create a mood boosting playlist 	DO what makes you happy 
Stay hydrated 	Unplug from technology 	Focus on helpful, <u>positive thoughts</u>	Go on a Nature Walk: I smell... I see... I feel... I hear... 	 inhale...2...3..4 hold...2...3..4 exhale...2...3..4 <u>breathe</u>
Star Gaze 	FINGER PAINT 	DANCE DANCE 	Write a poem, short story, music lyrics 	List what you love about yourself 
Vent to a trusted adult or friend	LAUGH 	Mail a letter to someone you care about	Draw, paint, colour or doodle 	Make a tent or fort - inside or outside 
Connect with loved ones via text, phone	JOURNAL: FEELINGS THOUGHTS DREAMS AFFIRMATIONS	Learn a new skill	Make Sock Puppets 	Make a list of people and things you are grateful for

Your physical and mental health is important!
Please take care of yourself and each other!



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