



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

August 2021

**WE LOOK FORWARD  
TO SEEING YOU AND  
RECONNECTING  
IN-PERSON  
& ONLINE!**



*We hope you're having a relaxing, fun, and safe break! A new school year means re-connecting with friends, peers, school staff, and new learning opportunities.*

*As the summer holidays come to an end, it is common to feel a little sad, a bit excited, and nervous about the return to school.*

*Remember, on those tougher days, talk to a parent/guardian, or reach out to the TVDSB School Mental Health Professionals. We're available Monday to Friday, 9am to 4pm. Reach us by phone at 548-486-5188 or email at [tvdsbcares@tvdsb.ca](mailto:tvdsbcares@tvdsb.ca)*

## What is Mental Health?

Mental health and well-being is inspired through "a balance of the mental, physical, spiritual, and emotional" (SMHO).

Mental health is the ability to feel, think, and act in ways that help us:

- get through challenges and stress
- enjoy life
- have hope and purpose
- feel connected to others
- have a sense of belonging



## Caring for your mental health and well-being during the school year

- Get enough sleep
- Stay physically active
- Stay connected to caring adults, friends
- Replace negative thinking with helpful thinking
- Give yourself permission to feel whatever emotions you may be feeling - without judgement
- List 6 healthy activities you can do when stressed and needing a distraction
- Name 2 caring adults you will talk to when feeling overwhelmed

Asking for help can be awkward. The first step is to start the conversation. Please talk to an adult at your school about the TVDSB counsellors available to support you during the school year.



## Kids Help Phone

- KidsHelpPhone.ca
- Text 686868 (youth) or 74741 (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.

*Underlined text  
is a hyperlink  
to more information*

**You can now text  
Reach Out 24/7 at**

**Call or Text: 519-433-2023**

**Toll-free: 1-866-933-2023**

**Web Chat: [reachout247.ca](https://reachout247.ca)**

## Mental Health Resources

[www.TVDSB.ca](https://www.TVDSB.ca)

[www.mindyourmind.ca](https://www.mindyourmind.ca)

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

[School Mental Health Ontario](https://www.schoolmentalhealthontario.ca)

[Naseeha Youth Helpline:  
https://naseeha.org/](https://naseeha.org/)

# TOGETHER IN THE VALLEY

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## READY...SET... RETURN TO LEARN



Stay physically active: walk, bike, yoga, swim, dance

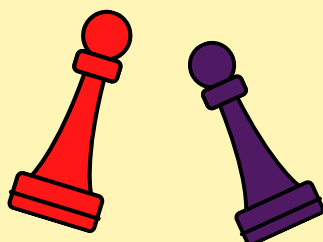


Talk to a parent/guardian about any worries



Start using your alarm clock. Roll the clock back by 15-30 min, daily

Set/follow a sleep, rise routine.



Set up a space for online learning, and/or doing homework. Consider: a space outside of your bedroom, what supplies do you need? Create a schedule: homework, social/family time, chores, quiet time, bed time.



Colour to calm nerves

Make a plan to connect with positive, supportive friends/peers.

Choose what you want to wear on the first few days.



**BREATHE**  
You've got this

Night before:  
Have school supplies ready  
Prepare snacks/lunch  
Set your alarm  
Go to bed early

