

STUDENT MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY

June 2021



It has been a school year like no other and we are PROUD of your hard work! As we near summer break it's ok to feel different things like happiness, excitement, sadness or fear. If you want someone to talk to during the summer, reach out to a friend, a trusted adult, and/or call/text/message a support line. Talking to someone might be all you need to feel a bit better!

Starting July 2, our TVDSB Cares Team of School Mental Health Professionals are available Monday - Friday, 9am and 4pm (weekends and holidays excluded) to support students and families. Reach us by phone at 548-486-5188 or email at tvdsbcares@tvdsb.ca



Today I am
grateful for...

Together in the Valley is spotlighting
GRATITUDE.

Expressing gratitude can help us
feel healthier, happier, and
hopeful, even when facing
a challenge (www.smho-smso.ca).



We are grateful for YOU!

Thank you for your:

- daily efforts - big & small
- patience
- cooperation
- kindness
- commitment
- support of friends
- help in keeping each other safe



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

Kids Help Phone

- 🖥 KidsHelpPhone.ca
- 📞 Text 686868 (youth) or 741741 (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

Mental Health Resources

www.TVDSB.ca

www.mindyourmind.ca

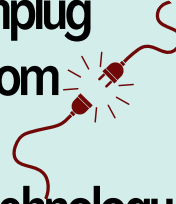
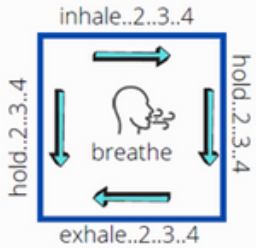
www.jack.org

School Mental Health Ontario

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Summer Break BINGO!

 Celebrate your wins - big or small!	 Grow a little garden	Ask for help	Compile mood boosting playlist 	Think about what makes you happy
Focus on helpful, positive thoughts	Unplug from  technology	Stay hydrated all day	Go on a Nature Walk: I smell... I see... I feel... I hear... 	 inhale...2..3..4 hold...2..3..4 breathe exhale...2..3..4
 Star Gaze	Eat your favourite snack	 DANCE DANCE	Declutter your room	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	Do something nice for someone	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!