

FAMILY MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY

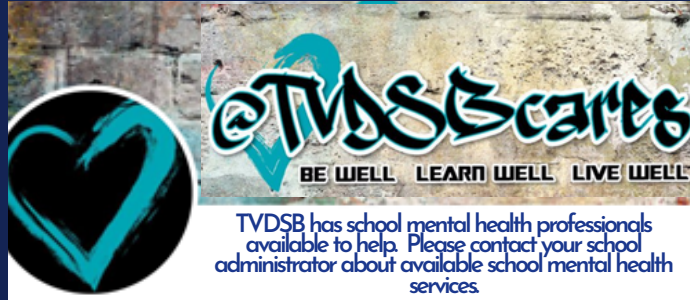


It is important to remind ourselves that these are not normal times. We are managing a variety of challenges as we work hard to support our families. It's okay to feel what we feel and important that we are kind to ourselves. It can be challenging to talk about mental health. Bringing up our concerns with our children opens the lines of communication. There is always somebody there for us to reach out to and asking for help is a sign of strength. We are all doing the best that we can!

Tips For Talking to Kids About Mental Health

- Find a quiet time.
- Reassure your child they can tell you anything; and you will not get angry.
- Discuss changes you've noticed in mood, behaviour, reactions etc., "I've noticed you seem to be sad."
- Share that you "wonder" how your child might be feeling, thinking, and worried about. Eg., "I wonder if you're feeling sad about not seeing your friends?"
- Allow time to think.
- Stay calm, stay with the conversation even if your child tells you "Nothing is wrong..... leave me alone". Let them know that you are there for them. Give your child some time and then try again.
- If your child tells you anything that worries you (eg. thoughts of self-harm), tell your child that you are glad they told you, and you will support them to get help. Let them know that you'll be there throughout the journey.

Adapted from School Mental Health Ontario (www.smho-smso.ca) 



SHARE YOUR CALM WITH DEEP BREATHING

Stand/sit, back straight
Shoulders relaxed
Head relaxed
Look forward
Hands together as if holding a cup of hot chocolate
As you breathe in pretend to smell the hot chocolate
As you breathe out pretend to blow the steam
Let's do that again...
Breathe in, smell the hot chocolate...
Breathe out, blow the steam...
One more time...

"LAUGHTER is an instant VACATION."

- Milton Berle

Humour helps us see things differently during difficult times, and helps us to focus on things we have in common rather than our differences.

Laughing releases endorphins (feel-good hormones), that temporarily block our pain or negative feelings.

Even a short break when we are struggling helps us to believe that things will be okay.

Dr. Robyne Hanley-Dafoe

Laugh

Mental Health Resources
www.TVDSB.ca
www.mindyourmind.ca
www.jack.org
School Mental Health Ontario

Community Resources

If there is a mental health emergency, please visit your local Hospital Emergency Department or call 911.

Kids Help Phone: 24/7 crisis support: 1-800-668-6868, text 686868, www.kidshelpphone.ca for web chat

Reach Out Crisis Support: (519) 433-2023 or 1-866-933-2023, www.reachout247.ca for web chat

Crisis Intake Team (CIT): 519-433-0334 (London/Middlesex), 0-18 years and caregivers

CMHA: (24/7 Walk in support): 648 Huron St. in London (London/Middlesex), 16 yrs +

Wellkin Child & Youth Mental Wellness: 1-877-539-0463 (Oxford/Elgin)

We don't have to do all of it alone.

We were never meant to.

- Brene Brown