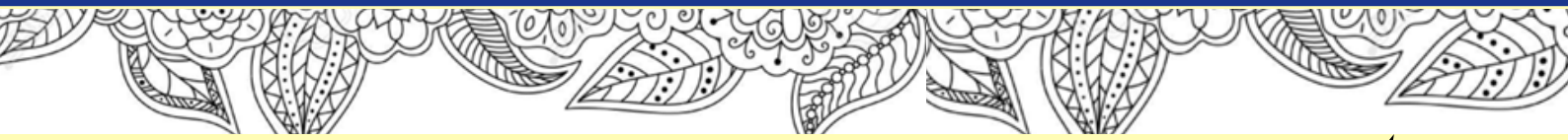


STUDENT MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY

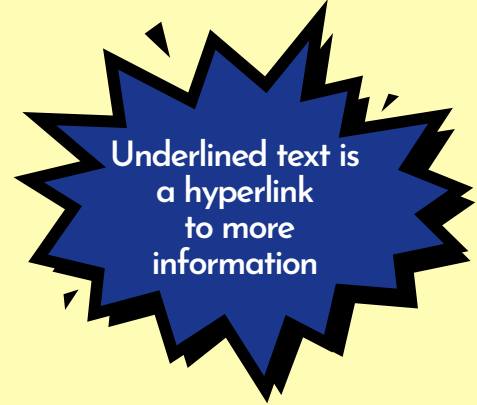


It's been a school year that looks and feels different. You are doing a great job and we are proud of you! Remember, on those days that are not so easy, sometimes all it takes to feel better is to chat for a little bit. There is always somebody there for you. It's a sign of strength to reach out if you are needing help.

Adapted from www.KidsHelpPhone.ca



TVDSB has counsellors available to support you. Please talk to an adult at your school about the help that is available.



CALM with COLOUR

Colouring helps you feel:
more calm
more focused
less stressed
more in control of your body and
distracts from unpleasant thoughts

Mental Health Resources

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

School Mental Health
Ontario

PERSONAL GRATITUDE



One of my strengths that I am grateful for is

One thing I can do to express gratitude is

One person I am grateful for is

One memory I am grateful for is

One challenge I am grateful for is

One beautiful thing in my life I am grateful for is

www.jack.org

Kids Help Phone Whenever you need to talk.

KidsHelpPhone.ca

Text 686868 (youth) or 741741 (adults)

Call 1-800-668-6868

Message at [Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone](https://www.facebook.com/CrisisTextLinepoweredbyKidsHelpPhone)

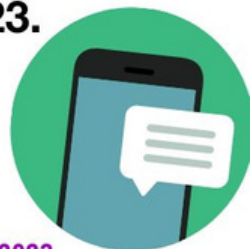
Indigenous people can connect with an Indigenous volunteer crisis responder when available by messaging **FIRST NATIONS, INUIT or METIS** over text or messenger.



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

You can now text **Reach Out 24/7** at 519-433-2023.

Three reliable ways to connect to and receive mental health and addictions support.



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

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

Web Chat: reachout247.ca

