

Mental Health & Well-Being

MARCH 2020



We Want YOUR Feedback on Mental Health!

What do you want to learn more about?

What is interesting to you, your clients, friends, or family?

Please share your ideas by emailing info@ed.amdsb.ca.

You Matter in AMDSB!

Support for Children and Families During COVID-19

School Mental Health Ontario COVID-19 Resources

On the [School Mental Health Ontario website](#) you will find support for:

- Keeping your child or teen mentally well during the COVID-19 pandemic, including how to talk to your child about COVID-19
- Signs your child or teen may be struggling with their mental health
- Strategies to support your child or teen with their mental health
- Accessing help for your child or teen's mental health

Visit [School Mental Health Ontario](#) for Specific Resources to Support Student Mental Health during the COVID-19.

- ▶ [Positive Mental Health Practices To Try With Your Children At Home](#) (Source: School Mental Health Ontario)
- ▶ [How To Talk With Your Child When You Feel Concerned They May Be Struggling With A Mental Health Problem](#) (Source: School Mental Health Ontario)

Local Crisis Supports During COVID-19

If you are experiencing a crisis and require immediate support, please visit your local Hospital Emergency Department or call 911.

Available for all AMDSB students and families:

- **Kids Help Phone:** 24/7 national support service offering crisis counselling support via phone, text, or online chat. You can access their services by calling **1-800-668-6868**, by texting **CONNECT** to **686868**, or by visiting www.kidshelpphone.ca for web chat access
- **Huron Perth Crisis Response Team:** 24/7 local support service offering crisis counselling support. You can access their services by calling **1-888-829-7484**

We believe that supporting mental health and well-being is essential for development and learning and is an enabler for academic success. If you or someone you know is in crisis or requires immediate support, **please contact your local crisis support service or visit your local emergency department.**

If you wish a paper copy of this newsletter, please email communications@ed.amdsb.ca.

Additional COVID-19 Resources

CAMH COVID-19

▶ [CAMH Talking to Children About COVID-19 and its Impact](#)

(Source: camh.ca)

Hamilton Wentworth District School Board

▶ [Guide to help Families Cope with COVID-19](#)

(Source: Hamilton Wentworth District School Board)

▶ [Tips for Adults Supporting Children after Distressing World Events](#)

(Source: Hamilton Wentworth District School Board)

Western University

▶ [Coping with COVID-19](#)

(Source: Western University)



Let's Talk About Community Supports

If you or someone you know needs help you can begin by calling:

» **1-888-829-7484** «

Or you can obtain more information about our range of services:

Huron Perth Helpline & Crisis Response Team

1-888-829-7484 • hpha.ca

Huron-Perth Centre for Children & Youth

hpcentre.on.ca • Huron: 519-482-3931

Perth: Stratford 519-273-3373 or Listowel 519-291-1088

Choices For Change

1-877-218-0077 • choicesforchange.ca

Canadian Mental Health Association - Huron Perth Branch

1-888-875-2944 • 519-273-1391 • cmhahuronperth.com

CMHA Middlesex Exeter & Goderich Sites

Exeter 519-235-0335 • Goderich 519-440-0450

cmhamiddlesex.ca

Huron Women's Shelter

1-800-265-5506 • huronwomensshelter.ca

Optimism Place

1-800-265-8598 • optimismplace.com



Free Apps For Mental Health & Well-Being

"There's An App For That Too!"



MindShift - "MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety."



Stop, Breathe & Think (Kids version available) - "A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion."



HeadSpace - "Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day."



SmilingMind - "Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life."



thinkFull - "Helps you manage your stress to enrich your life. Powered by a rich library of tips to help you relieve stress, solve problems, and live well."



iBreathe - "A simple and easy to use app that helps you relax, calm down, and meditate."



Calm - "#1 app for meditation and sleep." Calm School Initiative "Free Mindfulness training tools for every teacher in the world."