

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 break come to an end, it is o.k to feel a little sad, excited, and nervous about the return to school.

Remember, when you are having a rough day talk to a parent/guardian, or reach out to one of the helplines on page 3 of this resource. Asking for help can be awkward. The first step is to start the conversation!

Taking care of your mental health and well-being continues to be important. Consider trying several of the wellness strategies suggested below!

SEE YOU SOON

Getting Ready for the First Day of School



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



Start using your alarm clock. Roll the clock back by 15-30 min, daily. Set/follow a sleep, rise routine.



Colour, paint, draw to calm nerves.



Create a mood boosting playlist.



Talk to a parent/guardian about any worries.



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



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

Caring for Your Mental Health and Well-Being

- Get enough sleep.
- Stay physically active.
- Create a routine that includes a regular bed/rise time, time for family, friends, social and quiet time.
- 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.
- Talk to a caring adult when stressed or having a difficult day.

Fresh Start

Who are you looking forward to connecting with this school year?

- What is one thing you're hoping to do during the school year?
- How are you feeling about this school year?
- What's one thing you feel excited for?

Adapted from School Mental Health Ontario

Trusted people I will talk to or go to for support:

At school:

At home:

In the community:



TOGETHER IN THE VALLEY

August 2022

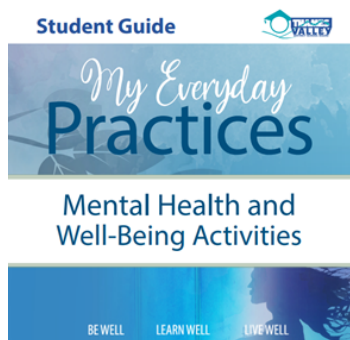
TAKE A BREAK ACTIVITIES

Check in with yourself and ask, "what activities help to calm my mind and body"?

Check all that apply:

- take deep breaths
- move my body (walk, stretch, exercise)
- listen to calming music, soothing sounds
- write about my feelings, thoughts
- talk to myself with kindness, self-affirmations
- sit somewhere that calms me
- talk to a caring adult
- check in with your senses
- say a prayer or a spiritual affirmation
- calm myself with colouring, drawing, doodle
- journal/write about my feelings, thoughts
- do some mindful activities
- sip on some cold water
- read
- distract with a puzzle/Sudoku
- use a fidget
- make a gratitude list
- squeeze a stress ball
- I need to _____

Adapted from Desautels, Lori. (2021). Staff and student survey of regulatory resources and anchors. Retrieved March 2, 2022, from <https://revelationsineducation.com/wp-content/uploads/2021/08/%C2%A9-StaffStudent-Survey-RegulatoryResources-pdf>.



My Everyday Practices for Mental Health and Well-Being

is a guide designed to help you use well-being strategies in your everyday life. These activities are designed to promote calm. Regular practice builds resilience and promotes well-being.

HAND-TRACING EXERCISE



Starting at your wrist, trace the left side of your hand up to your middle finger while taking a deep breath for four seconds.

Pause at the tip of your middle finger and hold in your breath for 4 seconds

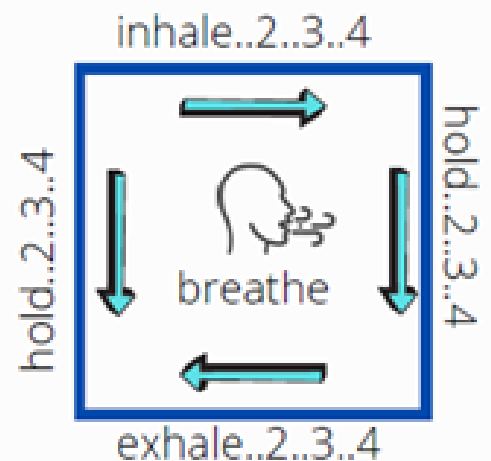
Breathe out while tracing down the right side of your hand for four seconds

Repeat 4 times



School Mental Health Ontario / Santé mentale en milieu scolaire Ontario

Find out more at jack.org/covid



be around people who are good for your mental health

Check in with your senses:

- I smell...
- I see...
- I feel...
- I hear...

Mental Health Websites

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

School Mental Health Ontario

Underlined text is a hyperlink to more information



TOGETHER IN THE VALLEY MENTAL HEALTH CRISIS RESOURCES



If you or a friend are experiencing a mental health crisis, please contact 911 or visit your local Hospital Emergency Department.



Resources For All TVDSB Students In The Valley

All underlined text is a hyperlink to additional resources

Reach Out 24/7 Crisis Support

Call or Text: 519-433-2023
Toll Free: 1-866-933-2023
Web Chat: reachout247.ca

Call, Text, Web Chat, or follow the underlined hyperlink to learn about Free Transportation to Mental Health Support for youth, 16yrs-25yrs, in Lucan, Parkhill, Strathroy, Exeter.

LHSC Virtual Emergency Clinic: Virtual clinic does not replace in-person visits. Parents/children can speak to an emergency doctor via video conference to discuss situation and determine next steps. Call toll-free 1-844-227-3844, seven days a week, 12 noon to 7 p.m., www.lhsc.on.ca/emergency-department

Black Youth Helpline: 1-833-294-8650; 9:00 am to 10:00 pm, daily, www.blackyouth.ca

Hope For Wellness (24/7 Indigenous Helpline): 1-855-242-3310, web chat: www.hopeforwellness.ca. Services available in English, French, Cree, Ojibway, and Inuktitut.

Naseeha (support for Muslim youth): 1-866-627-3342, daily 12pm - 12am, www.naseeha.org

YouthLine (peer support for 2SLGBTQQI youth): 1-800-268-9688 (phone), 647-694-4275 (text), www.youthline.ca (live chat), Sunday to Friday, 4:00pm- 9:30pm.

Kids Help Phone: 24/7, call 1-800-668-6868, Text 686868 (youth) or 741741 (adults), message at [Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone](https://www.facebook.com/CrisisTextLinepoweredbyKidsHelpPhone), www.kidshelpphone.ca

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

London and Middlesex:

Canadian Mental Health Association (CMHA): 24/7 walk-in support. Due to temporary address change (Sept 2021) call for location, 519-601-8055 or 1-844-360-8055, www.cmhamiddlesex.ca, 16 yrs +

Tandem (formerly CIT/Crisis & Intake): call (519)433-0334 for 24/7 crisis support, or to schedule in-person, phone, video appointments, for children/youth/families. Francophone services also available, www.tandemhelps.ca

Talk-In Clinics: Free counselling for children, youth and families. No appt/referral required. For clinic locations call 519-433-0334, 0-18 yrs

Oxford and Elgin:

Wellkin Child & Youth Mental Wellness: 24/7 crisis support, 1-877-539-0463, www.wellkin.ca

Oxford Walk-In Counselling: 1-800-859-7248 x 210, as of Sept 2021, pre-book free sessions either in person, virtually or by telephone.

Elgin Walk-In Support: Main Office, 110 Centre Street, St. Thomas, Mon- Fri, 8:30AM - 4:30PM, closed on holidays. St. Thomas Elgin General Hospital, Rm G700 - 189 Elm Street, St. Thomas, 7 days/wk, 8:00AM - 11:00PM, including holidays. No appt required.

Mental Health Websites

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

School Mental Health Ontario