

FAMILY MENTAL HEALTH AND WELL-BEING

TOGETHER IN THE VALLEY

Families continue to do the best that they can. We thank you for the continued support, care and commitment you have shown for yourself and for your child's education as we continue to navigate another unique school year.

TVDSB has school mental health professionals available to help your children during the school year. Please contact your school administrator about available school mental health services.

WINTER BREAK ACTIVITIES FOR THE FAMILY

- Create homemade cards to send to friends and family.
- Make paper airplanes, origami, hats, paper doll chain, or paper boats.
- Go outside at night and point out different stars.
- Play "Charades." One person acts out a book, or TV show using only body language while others try to guess what is being acted out.
- Make up different dances or dance to known songs.
- Learn and perform simple magic tricks.
- Cook or bake together. Share family recipes and create dishes together.
- Go for a walk, spend time in nature.

Website: [GoNoodle®](#): Get Your Kids Moving & Practicing Mindfulness

TAKE TIME FOR YOU:

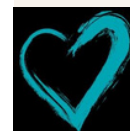
A few minutes of alone time can help reset when daily challenges threaten to overwhelm. When adults model to children that this is an essential part of life they send the message that rest is important, just like work. Five minutes of quiet reading, walking the dog, listening to music, or enjoying a hot cup of tea, can be energizing. Every morning spend one minute in bed deciding what you are going to do for yourself that day. Start small - You'll soon see the rewards of a little bit of "me time."

<https://www.nagc.org/self-care-tips-parents-and-families-during-holidays>



PARENT/CAREGIVER WELL-BEING

- Let go of expectations and guilt
- Be kind to yourself
- Say no to extras
- Start the day with "coffee hour" - connect with someone who lifts your spirits
- Be active
- Connect with your culture, spirituality
- Get enough sleep
- Consider registering for a workshop through CMHA



All underlined text is a hyperlink to additional resources



Sometimes life gets hard and the Winter Holidays can be difficult and overwhelming. If you need to talk something through with someone, contact CMHA Support Line 1-844-360-8055.

If you are in crisis and need immediate support call the Reach Out crisis line, 1-866-933-2023, go to the Mental Health and Addictions Crisis Centre at 534 Queens Ave, London, or call 911.

Canadian Mental Health Association Website: <https://cmhamiddlesex.ca/>

These services are available 24/7.



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, 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



Ride a Bike OR SKATEBOARD



ASK FOR HELP



Blow Bubbles

Color Paint Draw



CREATE ART!

Listen to MUSIC



PLAY a BOARD GAME

MAKE & PLAY WITH SLIME



Practice Gratitude



WEAVE, KNIT OR CROCHET

Use Kind & Compassionate Self-Talk



Make a SCRAPBOOK OR Collage



PRACTICE YOGA



Hug or Climb a Tree

KICK BOUNCE OR THROW a BALL



JOURNAL OR WRITE A LETTER



Take Slow, Mindful Breaths



Cuddle or Play with Your Pet



Drink Water

TAKE A BREAK ACTIVITIES

Smile & Laugh



EAT



Healthy



Forgive Let Go Move On



Cook or Bake



Get Plenty of SLEEP



TAKE A SHOWER OR BATH



STRETCH

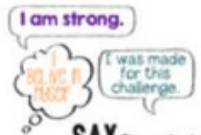


Go on a Hike, Walk or Run

Use Aromatherapy (Smell something good)



Sing and/or Dance



SAY Positive Affirmations

Take GOOD CARE of the Earth



Look At or Take PHOTOGRAPHS



Garden or Do Yardwork



Visualize a Peaceful Place



Try or Learn Something New



EXPLORE & DISCOVER Nature's Treasures



READ a Book or Magazine



DRINK A WARM CUP OF TEA

USE a STRESS BALL (or other fidget tool)



Get a HUG



DO a PUZZLE



Cry



Play Outside

Clean, Declutter or Organize



Create ORIGAMI



EXERCISE



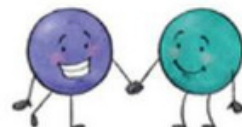
JUMP on a Trampoline



Rest, Take a Break, OR Nap



Do Something Kind



BUILD



Something



TALK to Someone You Trust

Online Safety Tips for Caring Adults

Online Safety Tips

Learn how to navigate the websites/apps/chat rooms that your child accesses.

Show your child how to create secure and unique passwords, eg. PizzaCat25!

Teach the importance of pausing and thinking before posting as posts can be difficult to remove.

Remind your child never to share personal information online.

Review and set privacy settings.

Remind your child that they need permission to post photos of others.

Teach Your Child Mindful Messaging

Before you text, tweet, send, or post.. take a moment to:

- Take a deep breath
- Notice how you are feeling
- Re-read your message
- Ask yourself "is the message true?"
- Think about how the message will be received
- Think about what will happen next
- Change the message if needed

Keep in Mind

- If you are hurt, angry, or confused it is wise to wait before hitting send
- Don't send messages that you would not say to the person's face.

Healthy Online Behaviour



Explain that how you behave online should reflect how you behave in person.

Encourage your child to speak to a trusted adult if something makes them feel uncomfortable.

Suggest taking regular breaks from technology.

Ensure that websites/apps/platforms/etc. are appropriate for your child's age and stage of development.

Adapted from <https://kidshelpphone.ca/get-involved/programs-resources/open-conversation-young-person/online-safety-tips-caring-adults>

Start the Conversation

Set a positive tone by validating the importance of technology in your child's life.

Discuss what your child does online, and who they interact with.

Ask if they've received any unwanted messages and listen to their stories.

Teach them strategies when feeling uncomfortable with online interactions:

- do not message back
- do not retaliate
- report to caring adult
- keep a record
- block the person

Let them know that if you feel there is a concern you may need to look at their electronic communications.

Allow for negotiation when creating agreements as this will promote your child taking ownership.



Adapted from <https://www.publicsafety.gc.ca/cnt/ntnl-scrtr/cbr-scrtr/cbrblng/prnts/prvnt-cbrblng-en.aspx#a04d>

Online Safety Resources

[Kids Help Phone](#): Online safety: Tips for caring adults

[Media Smart](#): Digital and media resources for caring adults

[OPHEA](#): Internet safety resources for caring adults

[Public Safety Canada](#): How can you prevent cyberbullying

Mental Health Resources

[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

These underlined hyperlinks provide great information