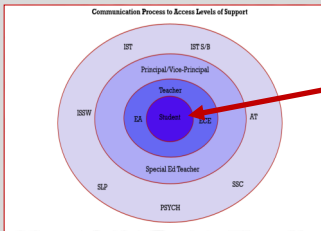


April 27, 2020





## If I have questions or concerns about my child's mental health and wellness, who can I reach out to?


We hope that you consider your child's school as one point of contact for asking questions about coping during school closures. School teams are able to seek assistance from a variety of UCDSB personnel with expertise in mental health — special services counsellors and psychology staff — to help you and your family towards the most appropriate and available supports, inside and outside of the Board.

It is important to note that mental health resources are also posted on our Board Website, in our Virtual Learning Commons, and relayed via social media channels. Many family questions may be addressed through those resources.

**Note: Community services continue to be available to families even if their service delivery methods are slightly different at this time (see more below) and Board staff can help families navigate those services.**

 Build Mental Health Literacy in students and staff.

 Enhance access to supports for stress and coping using evidence-based programming in all of our schools.

 Articulate pathways to care and ensure appropriate levels of support for our vulnerable students.

 Enhance staff, student and family access to reliable, evidence-based and evidence-informed information and resources.



## What is the Upper Canada District School Board doing to support Mental Health and Wellness?

- The UCDSB has a [Mental Health Plan](#) and has been working very hard to maintain our areas of focus during this period of school closure.
- Staff with expertise in mental health and wellness - Psychology Staff and Special Services Counsellors—have partnered with UCDSB's Communications Department, and the Virtual Learning Commons to house and share important and educative information with families about Mental Health and Wellness.
- All schools have been provided with updated links to mental health and wellness resources—information and community services—including frequent highlighting of [School Mental Health Ontario](#) resources. Information has included how to talk to students and families about stressful times.
- Families' access to information has been enhanced on the UCDSB website's [Learning at Home](#) page, [Coronavirus Updates](#) page, and throughout other website pages. See especially [Resources for Families](#), [Community Contacts](#), and [Crisis Lines and Helplines](#).
- Specialized staff have been connecting remotely with school-based teams to provide information, consultation, and support. All schools have been reminded that their typical communication channels to connect with specialized wellness staff at the Board continue, and this includes for high-risk situations.
- Specialized staff have been meeting (virtually) with third party agencies who also support students with mental health and other needs (i.e., food security, housing, safety issues, etc.) to update and coordinate service delivery.
- Specialized staff will continue to reach out regularly to students and families with whom existing or new relationships develop, to assist in problem-solving, short-term support, and system navigation. In-person support is not possible at this time but **virtual service IS possible** and evolving at this time.

Updates will occur as additional service pathways and resources become available.