



August 13th 2020



Health, Social, Community Programs and Services **Call 211**

Publicly Funded Children's Mental Health Services:

Children's Mental Health Leeds Grenville
1.800.809.2494

Open Doors Lanark Children and Youth
1.877.232.8260

Valoris Prescott Russell
1.800.675.6168

Cornwall Community Hospital 613.361.6363

For adult mental health, addiction, or problem gambling:

ConnexOntario

1.866.531.2600
www.ConnexOntario.ca

LGBT Youth Line (up to age 29)
1-800-268-9688
Text 647-694 4275

Hope for Wellness Help Line counselling and crisis intervention to all **Indigenous peoples** across Canada.
1-855-242-3310
Or visit hopeforwellness.ca/ for online chat

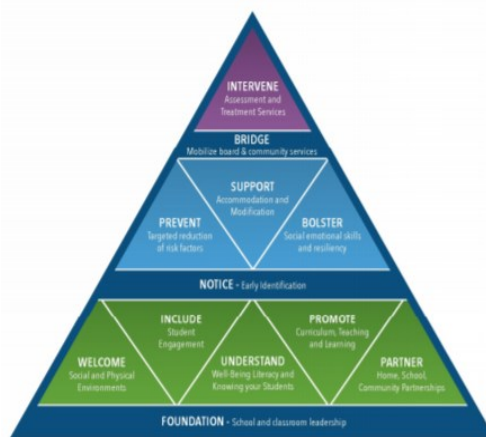
A new school year is often filled with excitement and also some anxiety, but this year is a back-to-school like no other. These truly are unprecedented times.



Mentally Healthy Return to School Toolkit

Practical Resources to Promote and Protect Mental Health at School

Aligned and Integration Model (AIM) for School Mental Health and Well-Being



Planning for a safe return is ongoing, and part of that planning is supporting the mental health and wellbeing of students, staff, and families. We return knowing that people in our communities have had different experiences during this difficult and different time.

[School Mental Health Ontario \(SMHO\)](http://smho-smsso.ca) has created a toolkit of resources to support mental health and well-being work in our schools. SMHO also continues to provide

training supports for staff and resources for students and families so that everyone has the knowledge and skills to support healthy development. Mental health and well-being are priorities in our Board, now more than ever. We believe that schools are one of the best places to promote and protect mental health. Visit smho-smsso.ca to learn more.

As our communities open up, and **schools prepare to welcome students** back to school, we all want to remain safe and healthy. Families are considering what that means for themselves and their social circles. Luckily, people in Eastern Ontario have done a wonderful job following COVID19 precautions to limit community spread. Our health units are a fantastic source of information for COVID19 status and health recommendations. Stay up-to-date on what our Health Units have to say (click on images):





August 13th 2020

Life can get on top of us all at times due to work related issues, family worries, sleep difficulties or physical health problems. Bounce Back aims to be an empowering and practical way of learning key life skills that

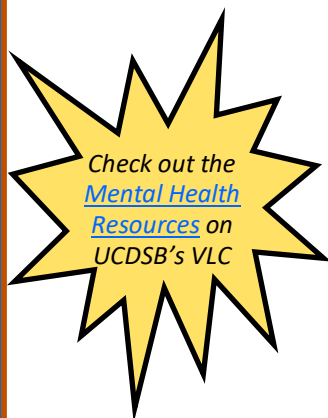


can boost your mood and help you turn the corner.

Bounce Back uses resources based on the proven cognitive behavioural therapy (CBT) approach.

Free—ages 15+

Visit bouncebackontario.ca



MASKS: Wearing a face covering is not always comfortable but people in our communities have really stepped up! While it may be easier for adults to rationalize and wear masks, we often have to help our children understand and do the same. This is like many teachable moments where adults know the “why and how” but children and youth are still learning. Here are two articles that may be helpful to our families who are working on supporting mask wearing:

Some basic information about how to help kids wear masks. <https://kidshealth.org/en/parents/coronavirus-masks.html>

If you or your child are having more difficulty with facial coverings, this is a good article on how to use exposure to acclimate (and reduce the anxiety) of wearing a face covering <https://medium.com/@rogercovin/how-to-conquer-mask-anxiety-3f9cf4e1c45a>

Staying Safe and Healthy: Keep open communication with your social networks and your school, know who you have been in contact with, wear masks especially when physical distancing is difficult, practice physical distancing when you can, wash your hands, and stay home if you suspect you might be ill! **Knowing what you CAN control goes a long way to reducing worry...and risk.**

The UCDSB will be providing more detailed information to families, specific to our jurisdiction, about facial coverings (how, when, where) and other information related to cleaning (hands and spaces), distancing, and school routines in the coming days.

To read our previous Mental Health and Wellness updates visit the [Virtual Learning Commons \(VLC\)](#) or the [Mental Health page](#) on the Board website to see editions from April 2020. Each edition is posted as it is published and we cover topics such as self-care, managing anxiety, social emotional learning, and more.



Are you on Twitter?
Follow us **@ucdsbwellness** for mental health and wellness information, updates and initiatives.



Kids Help Phone 

Call 1-800-668-6868 for support or
Children and youth text TALK 686868
Adults text WELLNESS 741741