



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
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

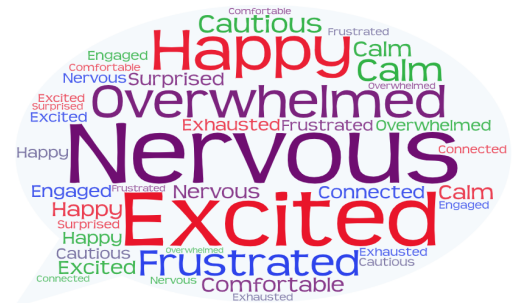
You never know what someone is going through. A few nice words can help a person a lot more than you think.
www.LiveItUpHappy.com

What words would you use to describe **your** back-to-school experience?

All these words (these feelings and experiences) are valid. Many of us may be feeling all or most of these as we start back to school.

So, let's be patient and flexible, and kind to ourselves and others, while we work through these times TOGETHER.

We share the experience of living through a pandemic. What, maybe, is **not** shared? Local, family and individual circumstances and outcomes probably vary. That means the back-to-school experience may be different for some of us, while also feeling similar for many of us, some or most of the time.



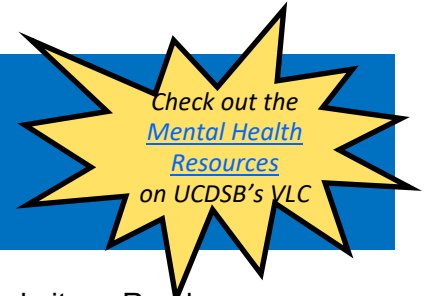
Here is a question our psychology and social work/special services counsellors get asked A LOT right now...

Q: *"I'm feeling really anxious about schools and COVID. I'm also worried about my child's learning and their need to socialize with others . How do I deal with my own worries without upsetting my child? How do I help them feel safe and excited about school? I want them to be safe but not scare them. I want them to have some sort of "normal" in their lives except I don't even know what that new "normal" is!!*

A: It sure isn't easy being an adult sometimes! We are always trying to work out what is best for our kids and ourselves while sometimes managing very difficult situations over which we may have little control. Feeling anxious or overwhelmed by that is normal. Those feelings tell us "Hey, we have a problem here!" and then activate us to try to solve it. Things to consider:

- You are not alone.
- You can be honest with children about what matters most by sticking to the facts (at age appropriate levels), speaking calmly, and checking in with them to see what they understand and what they need.
- Focus on where you DO have control - be COVIDSmart; set time to do something fun with your family; acknowledge feelings and then inspire confidence that "we can do this!"; etc.

Continued.....



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® can help!

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

Free—ages 15+

Visit bouncebackontario.ca



Government of Canada
Mental Health
Information and
Resources

canada.ca/en/public-health/topics/mental-health-wellness

The following links will take you to some helpful websites. Read more about how to establish and share some calm during uncertain times:

- Anxiety Canada: [Struggling with anxiety during this time of uncertainty? You're not alone. Learn from our experts on how you can cope.](#)
- School Mental Health Ontario: [How to support your child's mental health during COVID-19 and the return to school](#)
- **For Teens:** Jack.Org's ["COVID19 Youth Mental Health Resource Hub"](#)
- And if you have some time: watch this informative webinar from the Psychology Clinic at Queen's University ["Coping with Back-to-School 2020"](#). A worthwhile 60 minutes (watch in sections if needed!) for parents and caregivers.

Finally: Know there is help available when things feel too overwhelming. This newsletter has links to many services. School Mental Health Ontario has this tip sheet if you need help identifying mental health concerns in your child: [Noticing Mental Health Concerns for Your Child](#)

Reminder: Our health units are sources of information for COVID19 status and health recommendations (including mental health). Stay up-to-date on what our Health Units have to say (click on images):



Are you on Twitter?

Follow us [@ucdsbwellness](#)
For mental health and wellness information, updates and initiatives.



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