



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

**Children's Mental
Health Agencies
(free services):**

[Children's Mental
Health Leeds Grenville](#)
1-800-809-2494.

[Open Doors](#) Lanark
1-877-232-8260

[Cornwall Community
Hospital](#) SD&G
1-844-361-6363

[Valoris](#)
Prescott-Russell
1-800-675-6168

**For adult services
mental health,
addiction, problem
gambling visit:**

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



Autumn Greetings!



As the last of the fall leaves meet the ground, the air takes on a bit of a chill and the days become shorter, it's hard not to curl up and stay tucked in and snug just as long as we can. That is certainly the lure of the fall season. With that comes many changes for children and youth including the routines and schedules of school days. These tasks require even more effort given the time we have spent at home throughout the last year and the changes we have had to adapt to. There are days that these changes can make it very challenging to move ourselves forward. It is difficult to leave the family setting we have come to depend on so much, connecting with our friends again, being introduced to new peer groups and staff through class changes, and leaving the often enjoyable activities we have had fun doing on the alternate schedule required in the last year. This can also leave us feeling unwell and sometimes resisting the activities that are so important for us to be doing. We have provided information on ways to get back on track in the links below. Thankfully, we can move forward with some helpful planning and thoughtful strategies. To get you started thinking in a positive direction, we share a quote from Martin Luther King Jr.,

"You don't have to see the whole staircase, just take the first step"

[Anxiety Canada](#): Tip sheets and articles on coping with back-to-school nerves (and stuff for when "nerves" become anxiety).

[School Mental Health Ontario](#) <https://smho-smso.ca/>

For Teens:

- <https://smho-smso.ca/back-to-school/students/#thought-changing-exercises>
- Jack.Org's ["COVID19 Youth Mental Health Resource Hub"](#)

For Children:

- <https://smho-smso.ca/blog/online-resources/my-circle-of-support-pocketbook-student-help-seeking-resource/>


For Parents:

- <https://smho-smso.ca/wp-content/uploads/2020/08/Supporting-Mental-Health-and-Wellness-during-the-Return-to-School-Tip-Sheet-EN.pdf>

For Children and Youth: [Kids Help Phone](#) isn't just a helpline. They have a resource rich website that educates and supports children, youth (and their caregivers!)

Finally: Know there is help available when things feel too overwhelming. This newsletter



Support for parents of kids struggling with mental health: [Parents Lifeline of Eastern Ontario](#)
1-613-321-3211 or 

For help accessing mental health services in Eastern Ontario ages 0-21.
Online or call 613-260-2360 or 1-877-377-7775



Kids Help Phone 

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