

Where to turn:

Kids Help Phone
1-800-668-6868
Text 686868

LGBT Youth Line
1-800-268-9688
Text 647-694-4275

Open Doors for Lanark Children and Youth
1-877-232-8260

Children's Mental Health of Leeds and Grenville
1-800-809-2494

Cornwall Community Hospital SD&G
1-844-361-6363

Child Youth and Family Crisis Line of Eastern Ontario
1-877-377-7775

Valoris Prescott-Russell
1-800-675-6168

Hope for Wellness Helpline
1-855-242-3310

Ontario 211 Community and Social Services Helpline
Call 211
1-877-330-3213
TTY: 844-483-9835

Mental Health Update

March 2022

Listen, Believe, Act School Mental Health Ontario - Challenging times can leave staff, students and families with a range of emotions. When someone reaches out, listening, believing, and acting in such a way that they feel safe and supported is an opportunity for both of you.. **Listen, Believe, Act** is a mental health literacy resource for educators to help you support these conversations.

MH LIT Student Mental Health In Action Lesson Plans - This is a great School Mental Health Resource to explore. It includes ready to use lesson plans!

Youth Mental Health Canada - YMHC is a community based, youth-led charitable non profit organization. They offer services for youth such as **compassionate card services**, **daily messages of support** and **school peer support programs**. Resources are available for youth, families and educators to purchase and/or for free download. Check it out!

