



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/](http://hopeforwellness.ca/) for online  
chat

## Heading into Summer

Kids and teens may be out of school—now and into the summer holidays—but our community services and other supports are open and accessible throughout this period of time. This Newsletter provides multiple points of contact for support.



### UCDSB Special Services Counsellor On-Call

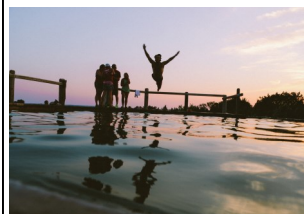
Monday to Friday, 9 a.m. to 1 p.m.

July 5th through to August 20th

For anyone needing assistance to find and navigate service pathways.

**Call or Text: 613-246-0119 Email: [mentalhealth@ucdsb.on.ca](mailto:mentalhealth@ucdsb.on.ca)**

*This is not a crisis line service*



One of the joys of summer for many children and youth is long days with more sunlight...and sometimes less strict night-time routines! While that can be fun, it can also lead to difficulties maintaining other regular routines - and mood - especially as the days give way to more structured activities like camp, work, or summer learning, and eventually a new school year.

For parents concerned about their child staying up too late and over-sleeping into the next day:

- **Set a ‘wake-up’ time** for the household. At ‘wake-up time’, make the house a place that says “We’re up and getting ready for the day!”. Put on music, turn on the lights, start conversations, set out breakfast, or get some morning chores done....like vacuuming :)
- **Establish a ‘shut-down’ time.** Check to see how much sleep your child or youth needs. See the [American Academy of Pediatrics Sleep Guidelines](#) and how to set the conditions for sleep. This includes how to make it harder to use phones, tablets or computers during sleep hours by either collecting the devices and setting a charging area that is away from bedrooms; unplugging the wireless router; or using apps such as [Microsoft Family Safety](#), [Apple Screen Time \(Family Sharing\)](#). Help your teen understand the importance of these strategies by sharing and discussing some of the links below.
- **Teens** can check out [Anxiety Canada’s Making Sleep Count – Active Steps](#). Teens’ sleep-wake cycle shifts from being early-birds (as kids) to night-owls. But even night-owls need consistent sleep schedules and 8-10 hours of shut-eye a night!
- More **severe sleep problems** may require **extra support** ([check ideas here](#)) and may be discussed with a doctor, a mental health expert, or other health professional.



**SEE NEXT PAGE FOR MORE MENTAL HEALTH AND WELLNESS INFORMATION.....**



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



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



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



For help accessing mental health services in Eastern Ontario—ages 16+ Online [accessmha.ca](#)



Check out past issues of our Mental Health

and Wellness Newsletters for more information on how to protect your mental health at [ucdsb.on.ca](#)

## What does it mean to re-engage as communities slowly start to open-up?

At the start of the pandemic, writer Damian Barr wrote a poem that went viral. This is the line that captured attention: “We are in the same storm, but we are not in the same boat”. During the pandemic our experiences and circumstances, our reactions and coping strategies, and our opportunities and barriers, have been different across people, communities, and nations. As we move into summer and re-engage in more typical routines and activities, we are likely to see that most people will re-engage and recover in their own ways and in their own time.

[Clinical psychologists and researchers across Canada](#) have been studying how people have reacted to and managed pandemic conditions. For those who have experienced loss (family, financial) or illness (COVID, other), the impact has been significant. “Re-entry” into post-pandemic routines will likely require time and much support. For others, the COVID-crisis may galvanize change and growth despite associated stressors. Could there be any “silver linings” after such a difficult and disrupted period-of-time? This is what researchers are hearing:

- Gift of time — benefits of slowing down, commuting less, pursuit of hobbies.
- Finding a new appreciation for what truly matters — the importance of friends, family, and social connection.
- Enhanced creativity and learning new ways to connect — Zoom calls with friends and family; time for learning a new skill or finding new ways to do pre-pandemic work.
- Sociocultural shifts— such as increased attention to the elderly and greater support for working from home.
- Positive health impacts — such as enhanced hygiene practices and commitments to prioritizing self-care.

However, these “silver linings” will not be the case for everyone. As we move through June into the summer months reflect on changes - positive and negative—that have occurred or may occur; acknowledge worries and losses, yours or others’; and go at your own pace and be kind to others’ whose pace is different than your own. Embrace what you are ready to face and reach out for help - or assist others to do so – if re-establishing daily routines or engaging in leisure or work remain disrupted for a prolonged period of time and/or feelings of distress are intense. This Newsletter shows information for a number of community supports. **Help is available.**

### And don't forget:



[School Mental Health Ontario](#) and [jack.org/covid](#) : information for parents, students, and educators on how to protect mental health and notice and intervene when there are risks to wellness.



[KidsHelpPhone](#) website and [MindYourMind](#) are great places for kids and teens (and parents & teachers!) to visit when you have questions about mental health and wellness and want to learn more.



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