



Mental Health and Wellness

Update

WHERE TO TURN FOR HELP:

[Children's Mental Health Leeds Grenville](#)

1-800-809-2494

[Open Doors For Lanark Children and Youth](#)

1-877-232-8260

[Cornwall Community Hospital SD&G](#)

1-844-361-6363

[Valoris](#)

Prescott-Russell
1-800-675-6168

Hope for Wellness Helpline Counselling and Crisis Intervention to all Indigenous peoples across Canada 1-855-242-3310

hopeforwellness.ca/

KIDS HELP PHONE
TEXT 686868
CALL 1-800-668-6868



Health, Social, and Community Programs & Services Call 211

211.ontario.ca

LGBT Youth Line
1-800-268-9688 or
TEXT 647-694-427

JANUARY 2022

Bell Let's Talk Day is Wednesday, January 26 and we're joining in to help drive meaningful progress in mental health.

COVID-19 has affected every aspect of our lives, including our mental health. However, tools are available to support ourselves and each other.

Since 2010, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues and inspire one another to take action and help create a Canada where everyone can access the mental health support they need. In a recent survey conducted by Nielsen Consumer Insights, 82% of Canadians now say they are comfortable speaking with others about mental health, compared to only 42% in 2012. By joining in and taking action, we are all helping to make a real difference.

This year's Bell Let's Talk Day campaign highlights the ways that we can support ourselves and those we care about through actions like listening, being there and talking. Every Canadian can play a part in their communities, workplaces, schools and at home.

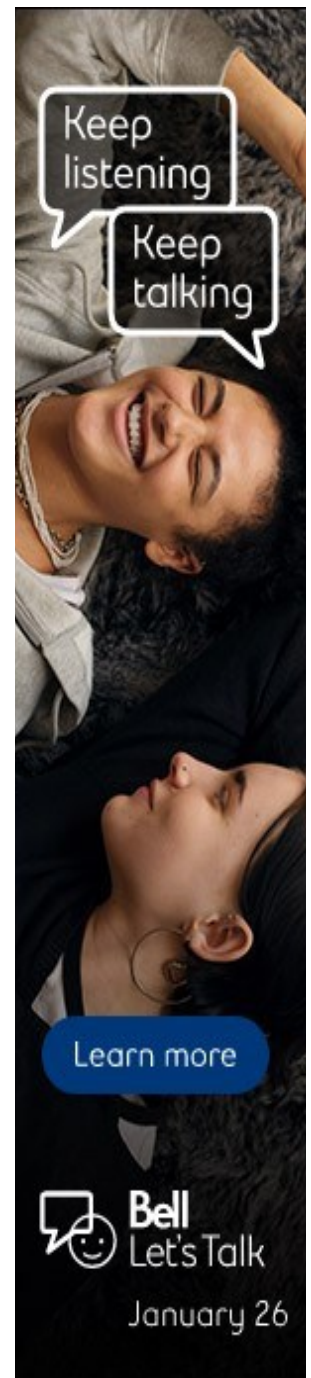
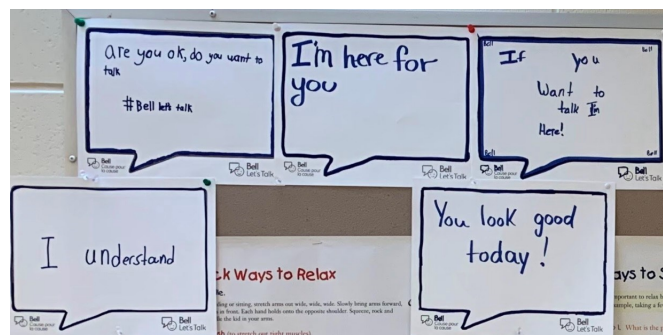
That's why we're joining in the 12th annual Bell Let's Talk Day to help create positive change.

Keep listening, talking and being there for ourselves and each other.

On Bell Let's Talk Day, Bell donates 5 cents to Canadian mental health programs for every applicable text, local or long distance call, tweet or TikTok video using #BellLetsTalk, every [Facebook](#), [Instagram](#), [LinkedIn](#), [Pinterest](#), [Snapchat](#), [TikTok](#), [Twitter](#) and [YouTube](#) view of the Bell Let's Talk Day video, and every use of the Bell Let's Talk Facebook frame or Snapchat lens. All at no cost to participants beyond what they would normally pay their service provider for online or phone access.

You can also find resources, learn more about some of the organizations providing meaningful mental health supports and services throughout Canada and download the [Bell Let's Talk toolkit](#) to begin your own conversation about mental health at home, school or in the workplace.

Please join us this Bell Let's Talk Day by showing your support for all those who live with mental illness and those taking action to help them.



Let's Get Talking UCDSB

I just wanted to let you know that I'm thinking of you

Welcome back and happy January. Here at UCDSB we are very excited to welcome our students and staff back from the holidays, but are also aware that transitions can be hard and that this time of year can be difficult. It is during these times that it is especially important to connect with one another. Sending a quick text or giving a quick phone call to friends and family can be a nice way to take a break from your work and brighten your day. For this reason we are excited to promote the Bell Let's Talk initiative on Wednesday January 26th, 2022. Let's get talking not just on Wednesday the 26th but each and every day. We have attached some exciting activities to try, and there are more available in the links provided to get the conversation started. Let's get talking UCDSB.

School Mental Health Ontario Resources

THERE'S NO PROBLEM TOO BIG OR TOO SMALL to reach out and ask for help

We all have mental health and talking about things is one of the ways we can take care of it

Here are some ideas to start the conversation:

- "I have a tough situation; it's really bugging me... Can I talk to you about it?"
- "I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."
- TIP:** You may find it easier to "break the ice" by reaching out in a letter or through text

Where to go for help:

- In your school:** Teachers • Coach • Guidance teacher
- Or, start here:** _____
- In your community:** A faith leader • An Elder • Family doctor • Social worker • Psychologist
- In your personal life:** Family • Friends

REACH OUT
Kids Help Phone: You can always speak with a counsellor, 24/7, by calling 1-800-668-6868, texting **CONNECT** to 438868, www.kidshelpphone.ca

It can be awkward asking for help, but you'll probably feel relieved after you do. *There are people around you who can help.*

For more information and student resources, visit SchoolMentalHealthOntario.ca



Start Well

Five days of ready to use activities to connect, calm and begin your day

The recent response to COVID-19 has once again altered learning routines and locations, causing stress for both you as an educator, as well as students and families. Many have mixed feelings about the continued uncertainties related to the pandemic and what this may mean in the coming weeks. As an educator, you won't be able to take away the stressors your students feel, but you may be able to help to minimize their impact. You can also remind students about strategies that can help them to cope.

It can be difficult to develop new and creative activities while managing the logistics of these recent changes. This resource is designed to help you start your day, whether virtual or in-person, in a good way while supporting students as they navigate and understand this unique transition back to school. Included are 5 days of ready to use learning activities designed to promote connection and calm and give you a chance as an educator to catch your breath. Each activity is designed to take approximately 15 minutes in total and can be used at the start of your day or following a transition in your day.

The pandemic continues to magnify deep-rooted economic, social and racial inequities. These have disproportionately affected the most vulnerable and marginalized communities and in particular, Black, Indigenous, and racialized individuals. The teaching and learning approach must consider and address the lived realities, racial and other disparities and educator biases that can impact students' experiences in Ontario schools.


























We hope they will provide both you and your students, an opportunity to explore strategies that they can use when feeling stressed or overwhelmed. Each of us is unique and strategies that work for some might not work for others, and that is okay. Try a new activity each day. Included with the classroom activities are some simple extension activities for use at home by parents and caregivers. These activities were designed to support virtual learning environments and are also appropriate for in person learning.

Let's Give Them Something To Talk About #UCDSB #BellLetsTalk

Self-Care Activity

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

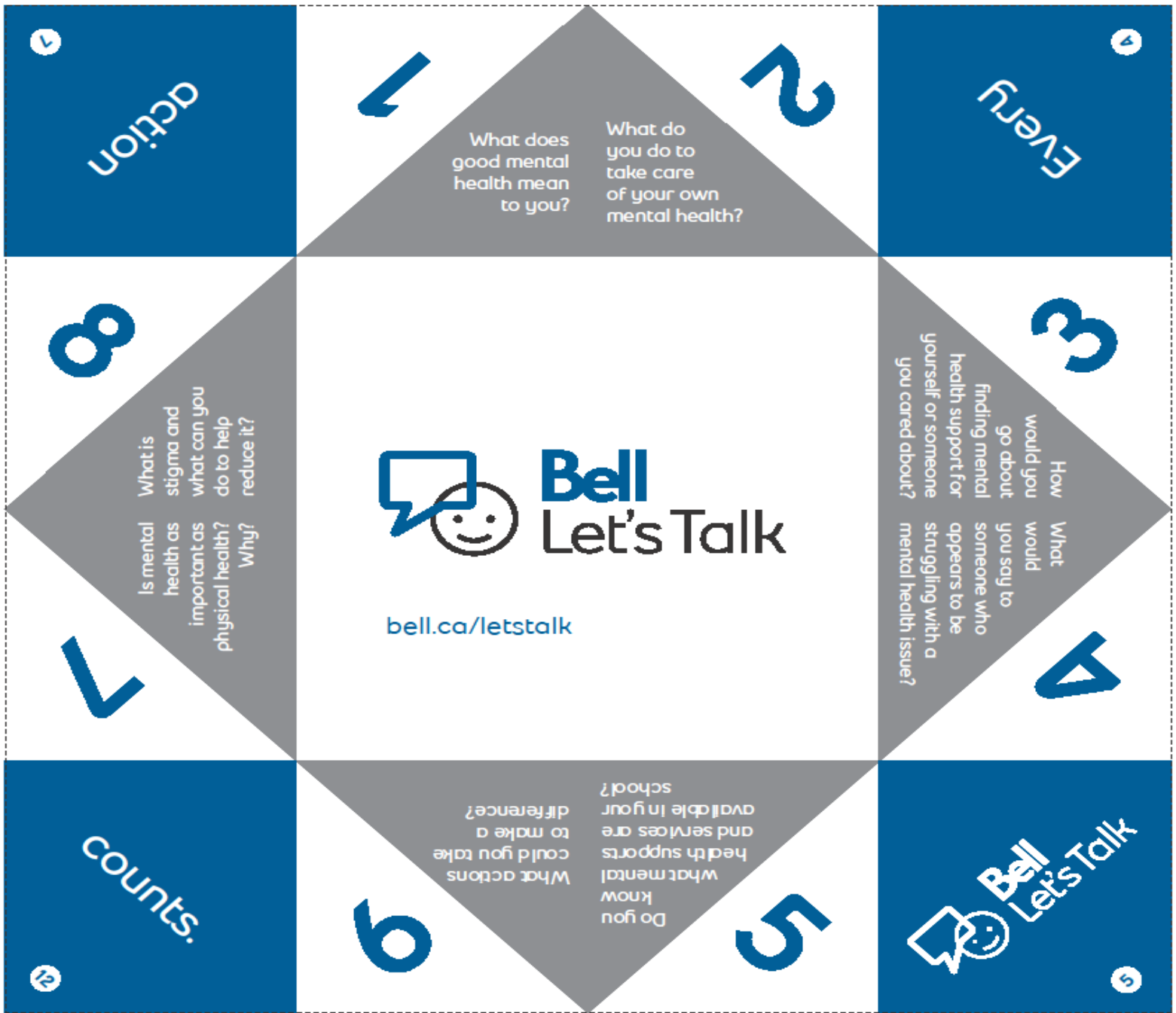
Challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

Cook a healthy meal 	Head out on a nature walk or hike 	Write a letter/email to an old friend 	Head to bed early 	Practice mindfulness 
Enjoy a quiet moment over a cup of tea or coffee 	Write a positive affirmation and recite it in the mirror 	Connect with your community 	Discover a new author or musician 	Stretch or practice yoga 
Discover a new podcast 	Talk to a loved one about your feelings 		Put on your dancing shoes 	Make a vision or mood board 
Paint or draw 	Set a goal 	Have a good laugh 	Write in a journal 	Create a gratitude list 
Do a crossword or jigsaw puzzle 	Take a warm bath or shower 	Practice deep breathing 	Make a to-do list 	Cuddle a pet or look at a cute photo of one online 

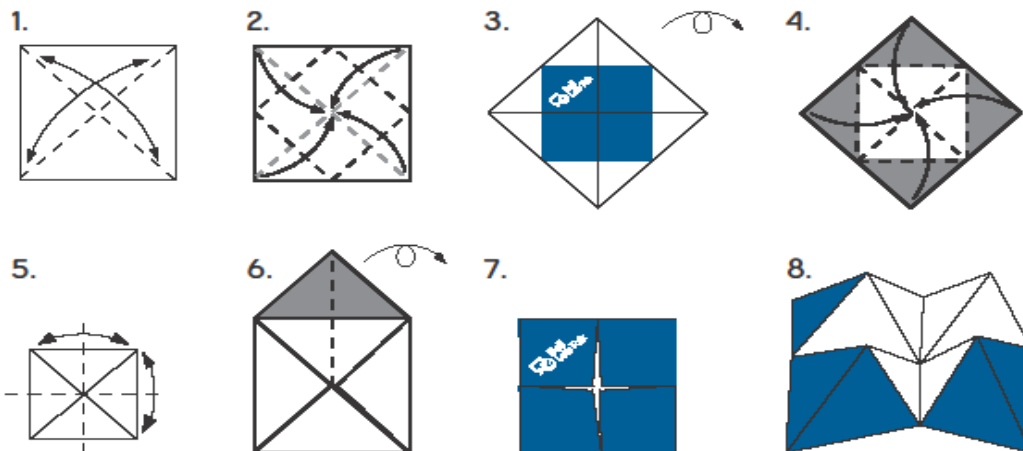
Join in to help create positive change.

Learn more at bell.ca/letstalk





Folding instructions



How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a blue number and open alternately that amount of times
- Pick your final number, open flap and start your conversation