



# Mental Health Update

## 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

## 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!

Self Care Calendar

### MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1 Spread some joy: make someone laugh	2 Try out a new exercise routine	3 Try painting a scenery	4 Journal about your day	5 Learn to play a new instrument
6 Listen to an inspiring podcast	7 Listen to a different genre of music	8 Leave messages of appreciation to those around you	9 Attend a YMHC event/check out some of YMHC's resources!	10 Read aloud some self-affirmations	11 Go on a 10 minute walk or explore a new nature path	12 Take some time for yourself
13 Go to sleep an hour earlier! (daylight savings)	14 Take a nap/healthy break	15 Challenge: Create music out of household items	16 Spend some time watching funny videos	17 Smile at yourself every time you see your reflection today	18 Put together a video for a loved one	19 Visit a museum/ take a virtual tour
20 Try to incorporate healthy food choices in your meals	21 DIY a spring inspired centerpiece for your table	22 Do some spring cleaning!	23 Spend some time making yourself a nice breakfast	24 Go through your wardrobe/ Donate some clothes	25 Start planning your indoor/outdoor garden	26 Rewatch your favourite movie with a friend
27 Host a karaoke night!	28 Create a personal list of things that make you smile	29 Visit your local library/read a new book	30 Research more about practicing mindfulness	31 Set some personal goals for next month	Apr 1	2

YMHC Youth Mental Health Canada