



# Winter Well-Being Guide

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As we head into the Winter Season, there may be excitement as well as thoughts and feelings that bring forward a need for support. Our **Winter 2023 Well-Being Guide** is a place to learn about Culturally Responsive and Identity Affirming resources and activities to make the most of this time of year, while supporting and improving our mental well-being. The [Canadian Mental Health Commission](https://mentalhealthcommission.ca/blog-posts/34590-seven-ways-to-cope-with-the-winter-blues/) suggests:

* Don’t underestimate the power of **sleep**. It impacts our whole self: mind, body, and spirit.
* During winter, we may feel the impacts of getting less sunlight. The sun’s ultraviolet rays help us produce **vitamin D,** which is vital for our mental health.
* **Self-care** is also very individualized. It’s not just about bubble baths, spas, and exercise. It includes things like healthy boundaries, healthier food choices, making those medical appointments, decluttering your space, creating a budget, calling a friend, and so on
* Paying attention to **our senses** helps bring us back to simpler times, come back to the basics and, after a few deep breaths, feel a lift in our spirit!
* **Are your thoughts healthy for you,** or are they making you unhealthy? It’s easier to get into bad mental habits during winter’s short days and long nights.
* Put your pen to paper and write. No matter what is happening, **there is always something to be grateful for**.
* Finally, remember to **seek help** from a mental health professional or family doctor, if you or a loved one is struggling.

## TDSB Professional Support Services Mental Health and Well-Being Upcoming Programs & Events

**Throughout the Year, TDSB Professional Support Services Staff will be offering a number of opportunities that promote well-being, community and connection. Please follow the links to find out more!**



TDSB Social Work and Attendance Services is offering monthly [Virtual Community Fair’s](https://drive.google.com/file/d/1FROsFY1xXuAaoWxD5a9gl1k3QIfbjhdc/view?usp=sharing) that highlight and share resources for the community which support complex and special education students at the TDSB. Find out more here!



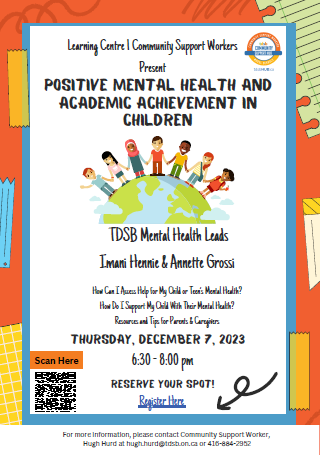
The TDSB Psychological Services team provides updated knowledge and information pertaining to student well being and achievement in their quarterly Newsletter [“Hearts and Minds”](https://sites.google.com/tdsb.on.ca/psychologicalservices/resources/newsletter#h.3fobcw792dgi).



A video series and related resources have been developed by TDSB staff and expert facilitators to offer coping strategies during war and conflict to support the emotional and mental wellness of students, parents/guardians/caregivers, staff, and the broader community. [Visit the Affinity Wellness webpage for videos and resources](https://t.e2ma.net/click/kpbrih/s7e8uvt/oohqup)



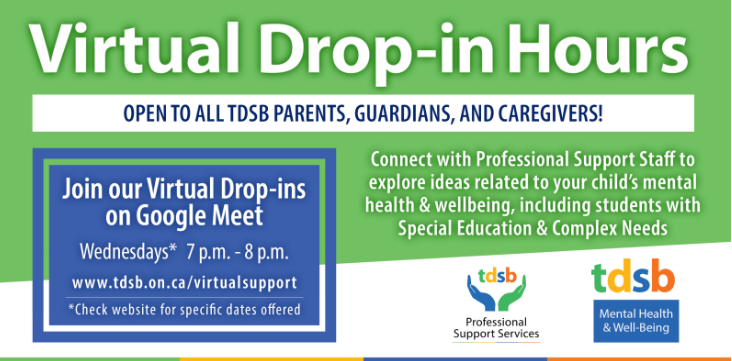
The preliminary results of the [**2023 Student census**](https://www.tdsb.on.ca/research/Research/Parent-and-Student-Census/-2023-Census)have been released. Look out for the full report in Early 2024



The TDSB Mental Health Leads, in collaboration with TDSB Community Support Workers in learning Centre 1 present a webinar on [***Positive Mental Health and Academic Achievement***](https://drive.google.com/file/d/1GZgokK0AXXD9ngGhfuBI-_KQsAt9jOYE/view?usp=sharing)***.*** Link here to find out more!



The Occupational Therapy and Physical Therapy Department invite Parent(s)/Guardian(s)/Caregiver(s) of children with intellectual and/or developmental disabilities or other diagnoses to their quarterly sessions. [**Meet with OT/PT**](https://drive.google.com/file/d/18_SPkpNWdnXnPZTC5j-z4vkJQu68p9Aj/view?usp=sharing) and find out about some of the services they support and how to connect with Community resources. Check Calendar for upcoming dates!



Monthly [Virtual Drop in office Hours](https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS/Virtual-Office-Hours) for Parents/Caregivers and Guardians of TDSB students. Come meet with various Professional Support Services to discuss ways to promote well being for students.



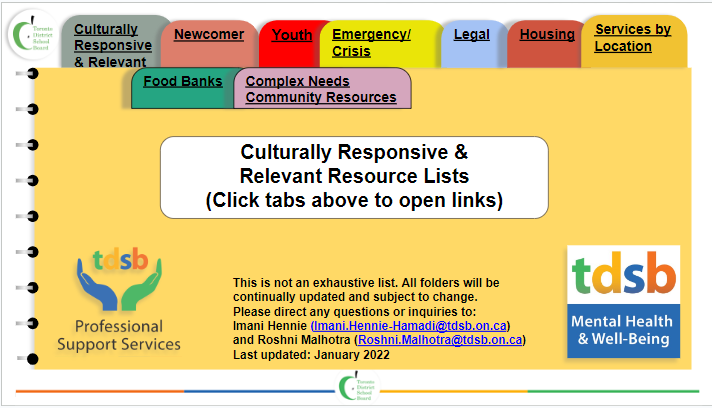
Save the Date for Let’s Connect! The Parent Partnership Committee of TDSB will have their **“**[**Let’s Connect - Feel Good February”**](https://drive.google.com/file/d/1Rt3gVA8hDw42zVNIabs_oqh4KfiaU1un/view?usp=sharing) **on February 22, 2024**. Look out for registration details here!



[**TDSB’s Gender Independent Groups (“GIG”)**](https://drive.google.com/file/d/1R-x5fW8Q9fBx3qJmoghH90a11fS69_Dy/view?usp=sharing) are groups for families with trans, Two Spirit, non-binary and/or gender diverse children in grades K-6.

## Supports for Mental Health and Well-Being

**Access** [**Culturally Responsive & Relevant Resources**](https://docs.google.com/presentation/d/1E1rvK8htCICYXTDjR8p5u6XtrsHf-tmMEFlQVa4U-HQ/edit#slide=id.gf7c2dde4b9_0_238) **compiled by the TDSB MHWB Committee.**



[Across Boundaries](https://acrossboundaries.ca/) – Provides equitable, holistic mental health and addiction services for racialized communities.

Logo  for Across Boundaries

[HelpAhead](https://helpahead.ca/) – Connecting infants, children, youth and families to mental health services in the Toronto community.



[Children's Mental Health Ontario](https://cmho.org/) – Find resources to help support children and youth mental health.

Logo for Children's Mental Health Ontario 

[Daily Bread Food Bank](https://www.dailybread.ca/need-food/) – Search your local area by postal code/location to access food.

Logo for the Daily Bread Food Bank

Government Financial Supports:

[Canada Dental Benefit](https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html)

[Some other benefits which may be available to families](https://www.canada.ca/en/revenue-agency/news/newsroom/tax-tips/tax-filing-season-media-kit/tfsmk30.html)

Government of Canada Logo

[Kids Help Phone](https://kidshelpphone.ca/) – Find youth resources based on where you live.

Image of the Kids Help Phone Logo

[Lumenus](https://www.lumenus.ca/) – Mental health, developmental and community services.

Logo hyperlinks to https://www.lumenus.ca/

[Bob Rumball](https://www2.bobrumball.org/mental-health/) - Mental Health Treatment for Deaf and Hard of Hearing Children/Youth and Families [Bob Rumball Canadian Centre of Excellence for the Deaf](https://www2.bobrumball.org/)

PAH! logo for Bob Rumball  Image of the Bob Rumball Canadian Centre of Excellence for the Deaf

[SickKids](https://www.aboutkidshealth.ca/mentalhealth) – This hub provides resources to help support your child's mental health and general well-being.



[YouthLink](https://youthlink.ca/) – Youth/family counseling, parenting support, shelter/housing, education and community-based programs for ages 12-24 and their families.

Logo for YouthLink

[**211 Central**](https://211central.ca/) **–** Find community and government services where you live.



[**Helping your Child Manage Digital Technology**](https://smho-smso.ca/wp-content/uploads/2021/08/Info-sheet-helping-your-child-manage-digital-technology.pdf) -School Mental Health Ontario



## Supports & Resources for Youth:

## Helplines and Services In the case of an emergency please call 9-1-1 or visit your local hospital emergency room

[9-8-8- Suicide Crisis Helpline](https://988.ca/) - A safe space to talk 24 hours a day, every day of the year. **Call: 9-8-8 or Text 9-8-8**

[Black Youth Helpline](https://blackyouth.ca/) – A multicultural helpline and services for children, youth and families. Available from **9am-10pm everyday.**

Logo for Black Youth Helpline

[BounceBack®](https://bouncebackontario.ca/what-is-bounceback-youth/) – A free cognitive behavioural therapy (CBT) program that offers mental health self-help support for those 15-17 & older. **Toll free: 1-866-345-0224**.

[Logo and link to the Bounceback website](https://bouncebackontario.ca/)

[Hope for Wellness Helpline](https://www.hopeforwellness.ca/) – An Indigenous Youth Helpline. **24 Hour / 7 days a week Phone Support.**

Hope for Wellness Helpline logo 

[Kids Help Phone](https://kidshelpphone.ca/) – Find youth resources based on where you live. **24 Hour / 7 days a week Phone/Text/Chat Support.**

New image of the Kids Help phone logo

[LGBT Youthline](https://www.youthline.ca/) – Confidential, non-judgmental and informed LGBTTQQ2SI Peer Support. **(Sunday - Friday) 4pm-9:30pm Text/Chat Support.**

LGBT Youthline Logo

[Naseeha](https://naseeha.org/) – Mental health hotline, resources, workshops, web therapy and more for Muslim and non-Muslim youth/individuals. **Phone Support daily 12pm-3am.**

Naseeha logo 

[What’s Up Walk-In](https://www.whatsupwalkin.ca/) Clinic and One Stop Talk – Free virtual and in-person counseling for youth. Follow the link to find locations **Monday - Saturday (hours and days can vary by location)**

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[Woodgreen](https://www.woodgreen.org/programs/walk-in-counselling-wic) – Offers social, employment and academic support for youth, persons with developmental disabilities, and caregivers/families. Free single session counseling by phone or video for ages 16+ (12-15 years requires parent/caregiver consent).

**Available Tuesday in person and Wednesday virtually. Registration from 4:00-6:30 pm. Call (416) 645–6000 ext. 1990**

Woodgreen Logo

[Trans Lifeline](http://translifeline.org) – a peer support phone service run by trans people for trans and questioning youth and adults. ***There will be a two week pause in service and will resume January 1st, 2024 starting with Monday to Friday 1pm-9pm* 1-877-330-6366**



[Youthdale](https://www.youthdale.ca/) - Community and in-patient services for children, youth, young adults and families struggling with complex mental health needs. **Crisis Service Line available 24/7 416-363-9990**



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## Supports and Resources for Youth

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| --- | --- | --- | --- | --- |
| **Mental Health Info** | **Self-Care** | **Social Media and Screen Time** | **Managing Substance Use** | **Managing a Crisis** |
| [**Links to PDF for Game Changers - Things you should know about mental health**](https://drive.google.com/file/d/1_lB4HZTkSFT3nidThnTHWg-PVMWudnNb/view)  Things you should know | [**Links to a Self-Care Information pdf from Game Changers and CAMH**](https://drive.google.com/file/d/15QkWPHzLC4U7T62PqS-KRiIV2wJC093R/view)  Self-care information | [**Links to the health social media habits page on the mind your mind website**](https://mindyourmind.ca/wellness/healthy-social-media-habits)  Healthy Social Media Habits | [**Links to Buzz on Booze article by Game Changers pdf**](https://drive.google.com/file/d/1gsTJl66CGKUDS1uLYXYvw1TeCIaviL_t/view)  Buzz on Booze | [**Links to pdf of article by Game Changers**](https://drive.google.com/file/d/1hHeJdnmER8pTurdnK4z1SEUiqRHjFWz9/view)  How to stay safe |
| [**Links to article on About Kids Health website**](https://teens.aboutkidshealth.ca/Article?contentid=3633&language=English&utm_source=sickkidsfoundation&utm_medium=newsandmedia&utm_campaign=augpromo)  Sleep and mental health | [**Links to a pdf of the article 6 ways to practice self-care by game changers and camh**](https://drive.google.com/file/d/1wm4hi0NJo_P7dh00rC1Vv5tkCk594rpr/view)  6 ways to practice self-care | [**Links to A Teens Guide to Social Media safety on the Safe Search Kids website**](https://www.safesearchkids.com/a-teens-guide-to-social-media-safety/)  A Teen’s Guide to Social Media Safety | [**Links to Things you should know about cannabis by Game Changers pdf**](https://drive.google.com/file/d/1lFWzHqUrgEhKaU2tMF6SUBOm_oy1pX9M/view)  Things you should know about cannabis | [**Links to pdf of article by Game Changers**](https://drive.google.com/file/d/1CZULL1sxyl800dlmrupMk2mbtq7qhiRW/view)  Supporting someone considering suicide |
| [**Links to the Mental Health Learning Hub page of the About Kids Health Teen website**](https://teens.aboutkidshealth.ca/mentalhealth?topic=mentalhealthAZ&utm_source=sickkidsfoundation&utm_medium=newsandmedia&utm_campaign=augpromo)  Mental health: Learning Hub | [**Links to a self-care checklist on the kids help phone website**](https://kidshelpphone.ca/get-info/kids-help-phones-self-care-checklist/)  Kids Help Phone: Self-care checklist | [**Links to article on cyberbullying.org website**](https://cyberbullying.org/smart-social-networking.pdf)  Smart Social Networking | [Links to article on school mental health ontario website](https://smho-smso.ca/blog/online-resources/vaping-what-you-and-your-friends-need-to-know/)  Vaping: What you & your friends need to know | [**Links to Be Safe App description page on mind your mind website**](https://besafeapp.ca/)  [Be Safe App](https://besafeapp.ca/) |
| Coping During War and Conflict  Affinity Wellness Videos | [**Links to the Wheel of Being page on the Kids Help Phone website**](https://kidshelpphone.ca/get-info/kids-help-phones-wheel-of-well-being/)  Wheel of Well-Being | [**Links to article on About Kids Health website**](https://www.aboutkidshealth.ca/Article?contentid=643&language=English)  Screen time: Overview | [**Links to article on School Mental Health Ontario website**](https://smho-smso.ca/blog/online-resources/opioids-what-you-and-your-friends-need-to-know/)  Opioids: What you & your friends need to know | [**Links to article on Kids Help Phone website**](https://kidshelpphone.ca/get-info/self-injury-what-it-is-and-how-to-cope/)  [Self-injury: What it is and how to cope](https://kidshelpphone.ca/get-info/self-injury-what-it-is-and-how-to-cope/) |
| [**Links to the Help for Youth article on the National Eating Disorder Information Centre website**](https://nedic.ca/help-for-youth/)  Help for Youth | [**Links to the what is mindfulness and how can I practice it page of the kids help phone website**](https://kidshelpphone.ca/get-info/what-is-mindfulness-and-how-can-i-practise-it/)  What is Mindfulness? | [**Links to article on Kids Help Phone website**](https://kidshelpphone.ca/get-info/5-online-safety-tips-everyone-needs-to-know/)  [5 online safety tips](https://kidshelpphone.ca/get-info/5-online-safety-tips-everyone-needs-to-know/) | [**Links to article on Kids Help Phone website**](https://kidshelpphone.ca/get-info/fentanyl-facts-important-things-know/)  [Fentanyl facts](https://kidshelpphone.ca/get-info/fentanyl-facts-important-things-know/) | [**Links to article on Kids Help Phone website**](https://kidshelpphone.ca/get-info/how-to-help-a-friend-navigate-thoughts-of-suicide/)  [How to help a friend navigate](https://kidshelpphone.ca/get-info/how-to-help-a-friend-navigate-thoughts-of-suicide/) |
| [**Links to the I don't know what's wrong article on the mind you mind website**](https://mindyourmind.ca/help/i-dont-know-whats-wrong)  I Don’t Know What’s Wrong | [Links to the self-care 101 page of the jack.org website](https://jack.org/getattachment/d3dba61e-f350-4752-8cc6-ffc89dc60383/Les-autosoins-pour-les-eleves-Sante-mentale-en-mi.aspx)  Self-Care 101 | [**Links to article on Kids Help Phone website**](https://kidshelpphone.ca/get-info/online-gaming-how-put-down-controller/)  [Online gaming](https://kidshelpphone.ca/get-info/online-gaming-how-put-down-controller/) | [**Links to article on Kids Help Phone website**](https://kidshelpphone.ca/get-info/how-to-take-care-of-yourself-when-using-substances/)  T[aking care](https://kidshelpphone.ca/get-info/how-to-take-care-of-yourself-when-using-substances/) when using substances | [Link and Logo for Help Ahead, the centralized access to children and youth mental health supports in Toronto](https://helpahead.ca/resources/?services-for=&service-type=crisis-line&service-area=&search=#library-form)  In Crisis |

## Winter Programs for My Child/Youth

Winter Recreation Programs

[Toronto Public Library](https://www.torontopubliclibrary.ca/search.jsp?N=37850+37867+38807&Ns=p_pub_date_sort&Nso=0) – Information about programs, classes and events.



[Winter Wonderland at the Toronto Botanical Garden](https://torontobotanicalgarden.ca/blog/winter-wonderland-at-the-toronto-botanical-garden/) - Winter Camps are offered for campers 4 to 12 years of age. PA Camps are designed for campers 5 to 10 years of age

(November 27, 2023 - April 12, 2024)



[Winter Recreation Programs](https://www.toronto.ca/explore-enjoy/recreation/winter-recreation-programs/) – Free, high- quality recreation activities for all ages, including CampTO

Logo for City of Toronto

[Kids Out and About.com](https://toronto.kidsoutandabout.com/) – Online guide for kids, teens, and families living in Toronto including local events, camps, day- trip ideas and more!

Kids out and About logo

[YMCA of Greater Toronto](https://ymcagta.org/all-programs) - Programs for people of all ages and life stages including child care and family development, health and fitness, camps and outdoor education and youth programs. These are fees for service with subsidy options.



[CNIB Virtual Programs](https://www.cnib.ca/en/programs-and-services?region=gta) – Free virtual programs available to all Canadians who are blind or partially sighted, as well as their families, friends

CNIB Logo



## Ideas for Keeping My Child/Youth Active

## This Winter

[Backyard Camp](https://www.backyardcamp.ca/) – Year round activity ideas to do at home.

[Logo and link to website](https://www.backyardcamp.ca/)

[Cosmic Kids](https://www.youtube.com/user/cosmickidsyoga) – Free, online yoga and mindfulness for kids

[](https://www.youtube.com/user/cosmickidsyoga)

[Heart and Stroke](https://www.heartandstroke.ca/healthy-living/healthy-kids) – Tips for eating healthy and keeping active.

Logo and link to website page about healthy kids

[ParticipACTION](https://www.participaction.com/) – Encouraging Canadians to get healthy by getting active since 1971.



[SPAC Learning Library](https://www.spaclearninglibrary.org/) – Online video lessons and activities designed to help you be creative at home.



[Welcome to Ontario Parks](https://www.ontarioparks.com/en) – Information about visiting Ontario Parks.

Logo and link to website page about Winter in Ontario Parks

[YGym](https://www.ymcahome.ca/youth) – Virtual physical activities.

Logo for YGym

[Yoga with Adrienne](https://www.youtube.com/@yogawithadriene/featured) – Free yoga and mindfulness videos.





## Supports and Resources for Children/Youth with Special/Complex Needs

[Community Living Toronto](https://cltoronto.ca/supports-and-services/) – Offering many programs to support individuals with intellectual disabilities and their families.

Community Living Logo

[Geneva Centre for Autism](https://www.autism.net/programs) – Offering groups and programs for children and webinars and support for parents.



[Holland Bloorview Family Resource Centre](https://hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/online-family-resources-centre) - Access helpful tips and information for caregivers and parents of children with disabilities.



[Surrey Place Family Resources](https://www.surreyplace.ca/) - helps people of all ages with developmental disabilities, autism and special needs reach their full potential



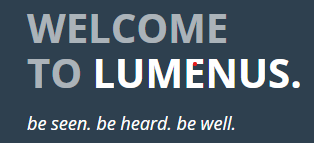
[Kerry’s Place](https://www.kerrysplace.org/support-and-services/) - has been creating, and providing evidence-based supports and services across the province of Ontario that enhance the quality of life of those with ASD.



[Connectability](https://connectability.ca/category/kids/) - A website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability and their families.



[Lumenus](https://www.lumenus.ca/) – Offers a broad range of high quality mental health, developmental and community services for infants, children, youth, individuals and families across Toronto.



[Meta Centre](https://metacentre.ca/) – Offering a wide spectrum of services and personalized supports to help people live inclusive, engaged and enriched lives in the community.

Meta Centre logo

[Miles Nadal JCC](https://www.mnjcc.org/) – Offering programs for children and youth with ASD and other developmental disabilities.



[MyCommunityHub.ca](https://mycommunityhub.ca/) – A search engine for activities available in the community for children and youth with developmental disabilities.

MyCommunityHub.ca logo

## Supports and Resources for Children/Youth with Special/Complex Needs continued



[SAAAC Autism Centre](https://saaac.org/) – we build inclusive communities through culturally responsive autism practices and accessible programming.

South Asian Autism Awareness Centre

[Toronto Parks and Recreation Adapted Programs](https://www.toronto.ca/city-government/accessibility-human-rights/accessibility-at-the-city-of-toronto/city-services-for-people-with-disabilities/accessible-recreation/#:~:text=To%20access%20Adapted%20and%20Inclusive,you%20with%20an%20AIS%20Membership.) – To ensure the most enjoyable recreation experience families must first contact the Adapted and Inclusive Recreation Programs central hotline at 416- 395-6128 to apply for and receive a membership.

City of Toronto logo

[Variety Village](https://www.varietyvillage.ca/) – Variety programming empowers children with disabilities to be seen, participate, and feel included. We bring accessible facilities to life with sports, fitness, activities, camps, skills training and coaching for competitive and Paralympic athletes



[Information on accessible parks and camps](https://drive.google.com/file/d/1mqWAmO0IYG3iNmJo4feT8-kctblBX8sa/view)



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[**TDSB Occupational and Physiotherapy resources for play and leisure fun at home**](https://sites.google.com/tdsb.on.ca/ot-pt/resources/play)

[**TDSB Psychology resources for families of students with complex needs**](https://sites.google.com/tdsb.on.ca/psychologicalservices/resources/complex-needs)

[**TDSB Speech Language Pathology tip sheets**](https://sites.google.com/tdsb.on.ca/slpconnection/s-lp-resources/social-emotional-learning?authuser=0)

## TDSB Supports and Resources for Mental Health & Well-Being

Please visit our [TDSB Website](https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS) to access a comprehensive list of resources and supports.

Spend some time exploring our interactive lounges and virtual field trips for [Students](https://docs.google.com/presentation/d/1TMGDK8X2qJKCoPoj9aY0PfVoLPVKSG5OhmmAGdrIkUY/edit?usp=sharing), [Parents & Caregivers](https://docs.google.com/presentation/d/1bTEHh8o37YX-lJJeTaftGC39ZVWl4dmIvm15MYJYDwY/edit?usp=sharing), and [Staff](https://docs.google.com/presentation/d/1zsfpivmIw_YYy2zXCRE2q8hzsq5G1xB5dTRjQtrHxqA/edit?usp=sharing).

Image and link to TDSB website page.

Access our interactive [Children's Mental Health Week resource kits](https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS/Childrens-Mental-Health-Week) for elementary and secondary students, students with complex needs, parents/caregivers and educators.

Image of the Children's Mental Health week at TDSB logo

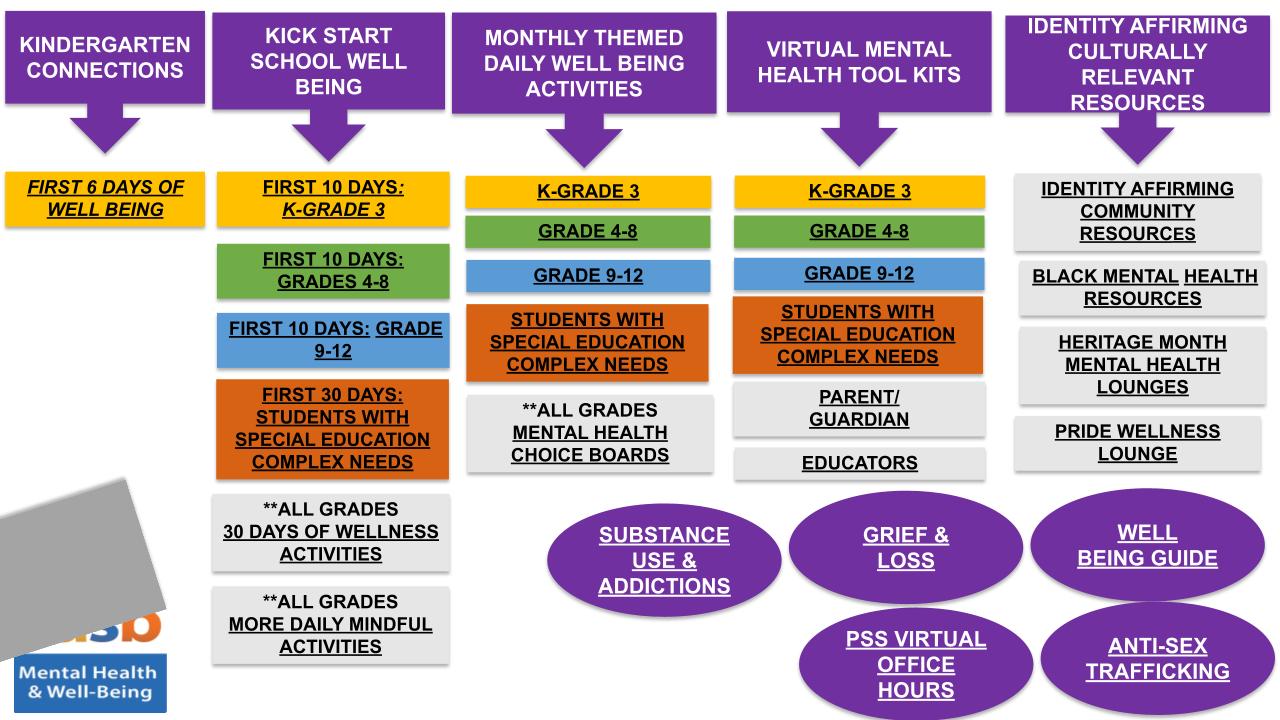
Access [Culturally Responsive & Relevant Resources](https://docs.google.com/presentation/d/1E1rvK8htCICYXTDjR8p5u6XtrsHf-tmMEFlQVa4U-HQ/edit#slide=id.gf7c2dde4b9_0_238) compiled by the TDSB Mental Health and Well-Being Committee.

[Image and link to Google Slides document.](https://docs.google.com/presentation/d/1E1rvK8htCICYXTDjR8p5u6XtrsHf-tmMEFlQVa4U-HQ/edit#slide=id.gf7c2dde4b9_0_238)

Access our [Black Mental Health Week Resources](https://docs.google.com/presentation/d/1qZn_qZ9SdXFoKRnmso5-XUggNS5-Eo4Q/edit#slide=id.g1140f9d7b71_0_9) from the March 2023 week of recognition for Black Mental Health Week in Toronto. Look for updates in March 2024



This s[lide](https://docs.google.com/presentation/d/1D7efEG4AupVrO-GSsXXkyMa2qaaiym43/edit?usp=sharing&ouid=100127110547041791411&rtpof=true&sd=true) provides access to 2023-24 MHWB resources for all grades.

[](https://docs.google.com/presentation/d/1D7efEG4AupVrO-GSsXXkyMa2qaaiym43/edit?usp=sharing&ouid=100127110547041791411&rtpof=true&sd=true)

Visit these introductory guides to Mental Health ([Elementary](https://docs.google.com/document/d/1C8OAFU4t5dQ9OI7LNsFp2T6x2nShyLb6jGCleqV2vNI/edit) and [Secondary](https://docs.google.com/document/d/1CdAVowi4uy4H75ejeHzGuNmPwxHPpGES67pDbe5_47U/edit)) on the Virtual Library and other Library Learning Resources.

Logo and link to Google doc with information on e-books about mental health.

[TDSB Learn4Life](https://www.tdsb.on.ca/Adult-Learners/Learn4Life) – Health & Wellness Programs. (18+ Learning Opportunities)



Find our more about TDSB Professional Support Services Google Sites:

* [**Child and Youth Services**](https://sites.google.com/tdsb.on.ca/childandyouthservices/home)
* [**Occupational Therapy and Physical Therapy Services**](https://sites.google.com/tdsb.on.ca/ot-pt/home?authuser=0)
* [**Psychological Services**](https://sites.google.com/tdsb.on.ca/psychologicalservices/home)
* [**Speech Language Services**](https://sites.google.com/tdsb.on.ca/slpconnection/home?authuser=0)
* [**Social Work and Attendance Services**](https://sites.google.com/tdsb.on.ca/socialworkandattendance?usp=sharing)



## Stay Connected!

## 

Information is always changing. Please be sure to follow us and check back in for the latest updates.

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| [Logo and link to TDSB website page.](https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS) | <https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS> |
| [Logo and link to email address.](mailto:MentalHealthandWellBeing@tdsb.on.ca) | Email: [MentalHealthandWellBeing@tdsb.on.ca](mailto:MentalHealthandWellBeing@tdsb.on.ca) |
| [Logo and link to MHWB Instagram page.](https://www.instagram.com/tdsb_mhwb/?hl=en) | [@tdsb\_mhwb](https://www.instagram.com/tdsb_mhwb/?hl=en) |
| [Logo and link to MHWB Twitter page.](https://twitter.com/TDSB_MHWB?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor) | [@TDSB\_MHWB](https://twitter.com/TDSB_MHWB?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor) |

If you or someone you know is experiencing a mental health or substance use emergency, **call 9-1-1 or go to the emergency room of your local hospital or call 9-8-8 for Crisis Support.**

