



AY Jackson S.S.
 50 Francine Drive
 Toronto, Ontario M2H 2G6
 Tel: (416) 395-3140
 Fax: (416) 395-4454



April 6th, 2020

Dear students and parent(s)/guardian(s),

We, the A.Y. Jackson Guidance Team, care about your well being and understand that you may have uncertainties and questions as we navigate through this challenging time together. Even though we are not physically in the school, we are actively working towards being accessible on-line and by phone to support you.

Below, you will find the **email addresses of our counsellors**. You can connect with us directly with any questions you may have. In addition to email, we will also be available for **phone appointments from Monday, April 6th, 2020**.

To book a phone appointment, email your guidance counsellor directly. Include your name and a telephone number that you can be contacted at.

Your Guidance Counsellor will get back to you as quickly as possible.

Last name: A - J	Ms. Breeze <i>(returning for Ms. Kibedi)</i>	tara.breeze@tdsb.on.ca
Last name: K - Q	Mr. Stevens	matthew.stevens@tdsb.on.ca
Last name: R - Z	Ms. Field	janice.field@tdsb.on.ca
International Students (VISA)	Ms. Chang	may.chang@tdsb.on.ca

Our team will be posting updates and a list of common Q & A's as we receive them. Be sure to check the website regularly. <https://schoolweb.tdsb.on.ca/ayjackson/Student-Services>

We have also included a list of general mental health and wellness TDSB approved resources and emergency numbers on **page 2** for your quick reference.

Please be assured that we are in this together and are here to support you. Most importantly, we ask that you continue to stay home and take good care of yourself and your family members.

Sincerely,

The AYJ Guidance Team



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Page 2 - Immediate and General Mental Health and Wellness Resources (TDSB)

Need immediate help?

- 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.
- If you are not sure if it is an emergency, or just need to talk through the situation, consider reaching out to:
 - [Telehealth Ontario](#) at 1-866-797-0000, or the distress line or mobile crisis team in your area
 - [Kids Help Phone](#) at 1-800-668-6868 or texting CONNECT to 686868

[General Mental Health and Well-Being Resources](#)

Covid-19 Specific Resources:

- [Helping Your Kids in Changing Times](#)
- [Tips for Supporting Teens](#)
- **School Mental Health Ontario**
 - [How to Support Student Mental Health During the Covid-19 Pandemic](#)
- **Kids Help Phone**
 - [We're Here for You During Covid-19](#)
- **Centre for Addiction and Mental Health (CAMH)**
 - [Talking to Children about Covid-19 and Its Impact](#)
- **Children's Mental Health Ontario**
 - [Talking to Your Anxious Child about Covid-19](#)
- **World Health Organization**
 - [Helping Children Cope with Stress during Covid-19](#)
 - [Coping with Stress during Covid-19](#)