

Mental Health Supports

TDSB provides a great deal of supports for students who are dealing with Mental Health issues. To explore how TDSB supports students and families with Mental Health visit the TDSB website page, www.tdsb.on.ca and type “mental health” in the search box.

In the box below is a section from the TDSB webpage where it defines Mental Health.

Mental health is about:

- how you feel, think, and behave
- how you cope with the ups and downs of everyday life
- how you feel about yourself and your life
- how you see yourself and your future
- how stress affects you
- how you deal with negative things that happen in your life
- your self-esteem or confidence

Feelings like sadness, worry, anger, fear and grief are natural responses to events and problems in our lives. If these feelings continue for long periods of time, become overwhelming, and get in the way of daily life, then you or your family member may need some help

The next box shows how you can seek help at Downsview S.S

How can I get help?

- Make an appointment with your Guidance counsellor
 - A-G is Ms. Stuckless
 - H-O is Ms.DeJersey
 - P-Z| is Ms.Pal
- Counsellors and Administrators can make appointments with our Youth and Childcare Workers (Ms. G & Ms. Clark) or our Youth and Childcare Counsellor (Ms. LaRosa)
- Counsellors and Administrators can refer to our TDSB Social Worker (Stacey Stevens)
- Make an appointment with your family doctor
- Call Kids Help phone at 1-800-668-6868 or visit www.kidshelpphone.ca
- Go to www.211.ca to receive all supports in the Toronto area