



# Student Mental Health ACTION KIT

## MIDDLE AND HIGH SCHOOL STUDENT VERSION



School  
Mental Health  
Ontario



Professional  
Support Services



# Introduction: How To Take Care Of Your Mental Health During Covid-19 & The Return To School

We recognize that these are difficult times and that students have many questions related to COVID-19, the impact for themselves, for schools and their friends.

We also recognize that information changes frequently.

What we know for sure is that you don't need to go through this alone, our relationships are important, and *we are in this together!*



# This Kit contains answers and resources to address the following questions:

- What can I do to take care of myself during the Covid-19 pandemic?
- How do I know if I should reach out for help about my mental health?
- What do I do if I'm worried about a friend?



Focus on healthy habits and routines. Some of the things we do for our physical health, like getting enough sleep, eating well, exercising and minimizing screen time, are also good for our mental health.



Do things you enjoy as much as you can. Even if you aren't leaving your house much, perhaps there's a hobby you used to really like that you could try again. (p.s. what makes you happy may not be what others find fun, and that's okay!).



## What can I do to take care of myself during the Covid-19 pandemic?

Notice the good things. It's easy to get caught up in the negatives that happen in life. Instead, look for the positives each day, even in situations that might seem bad—like a pandemic. For example, there are a lot of stories about people helping neighbours and spreading positive messages.



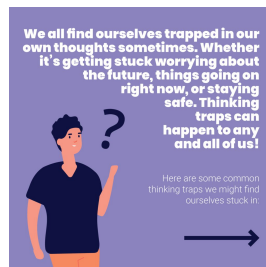
Stay connected. Even with physical distancing, you can still maintain social connection. Chat with your family members. Call a friend or video chat. You could try a group video chat with multiple friends. Remember, your friends and family are in a similar situation as you so you can lean on each other.

# What can I do to take care of myself during the Covid-19 pandemic?

**NOW OPEN**



[Distraction Exercises](#)



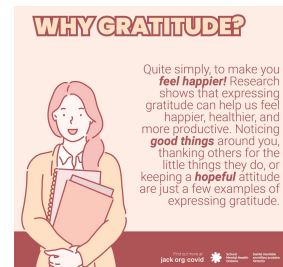
[Thought Changing Exercises](#)



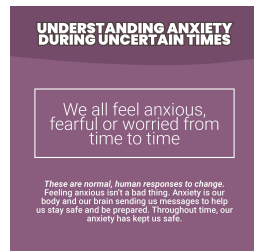
[Allyship](#)



[Muscle Relaxation](#)



[Gratitude](#)



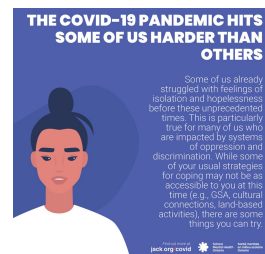
[Mental Health Literacy](#)



[Breathing](#)



[Social & Emotional Learning Videos](#)



[Equity Social Media Pack](#)



[Self-Care 101 for Students](#)

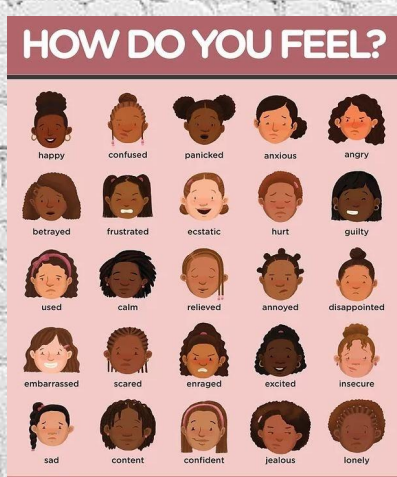
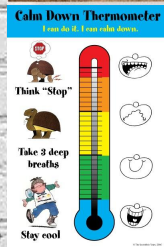
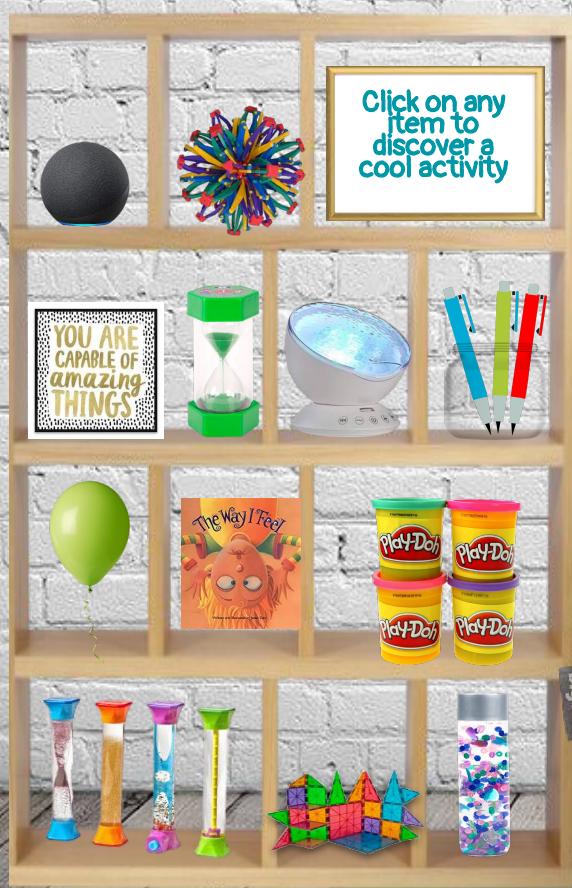
# *WELCOME* to the **Student Lounge!**



On the next slide you will find a special virtual space that we have created just for you! Please take some time to explore the lounge by clicking on different objects to see where they will take you. Enjoy music, story read alouds, colouring sheets and so much more....

Use Present Mode for the best viewing experience!





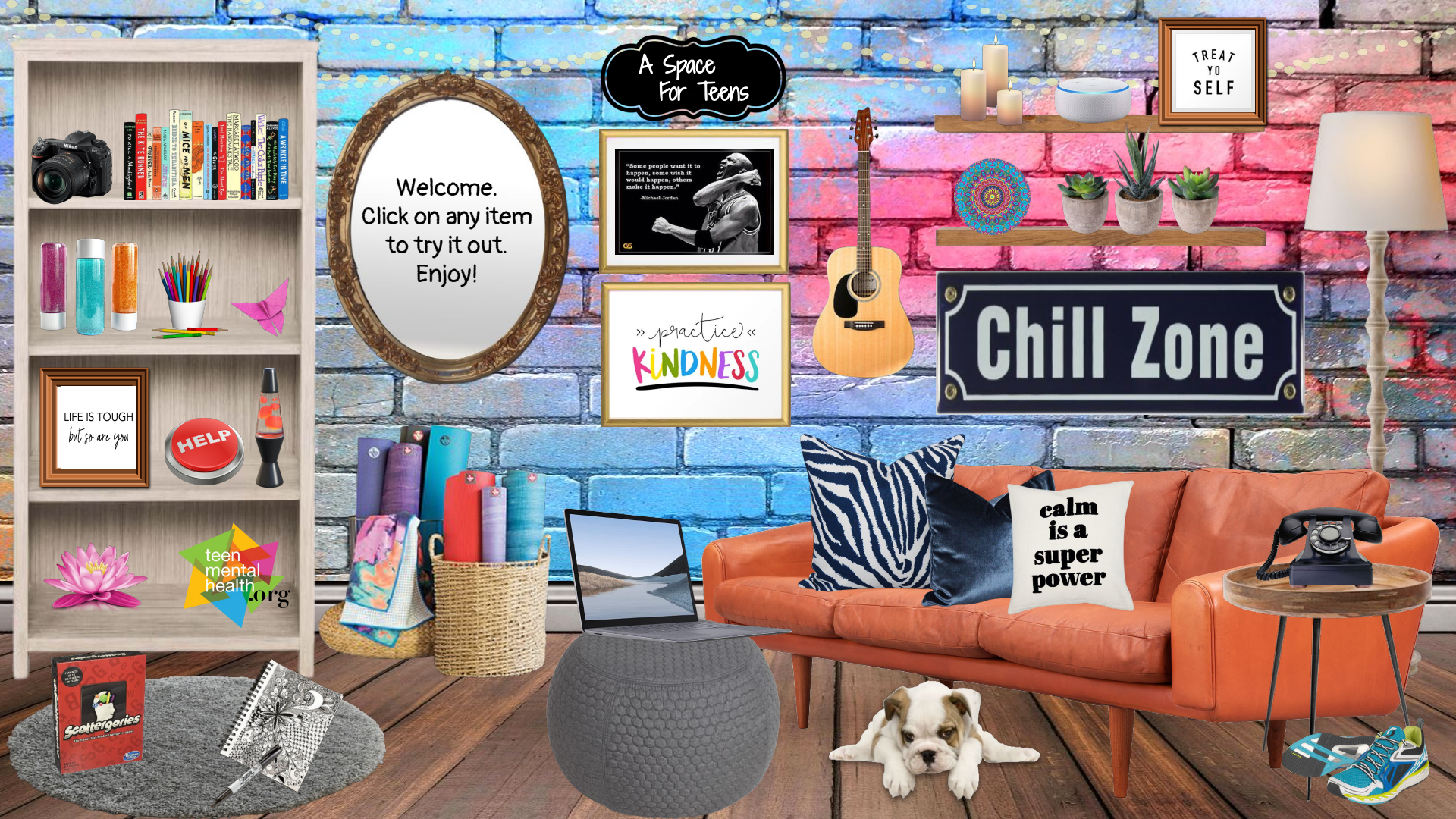
# *WELCOME* to the Teen Lounge!



On the next slide you will find a special virtual space that we have created just for you! Please take some time to explore the lounge by clicking on different objects to see where they will take you. Enjoy music, videos, yoga, online colouring and so much more....

Use Present Mode for the best viewing experience!





A Space  
For Teens

Welcome.  
Click on any item  
to try it out.  
Enjoy!



Chill Zone





# How do I know if I should reach out for help about my mental health?

These **questions** can help you decide whether to ask for help:

- Is how I'm thinking, feeling, or acting different for me? A **change** from how I used to be?
- Are my thoughts, emotions or actions **affecting my everyday life negatively**?
- Have I been feeling this way for some **time**, like more than a week?
- Am I dealing with my problems in **unhealthy ways**?
- Am I **carrying too much** by myself?

If you answered yes to any of these questions, it is probably time to connect with an adult who can help. **Reaching out can prevent problems from getting worse.**

*For help on how to reach out and start the conversation, [check out this tip sheet.](#)*

# How do I know if I should reach out for help about my mental health?



If you're ever wondering if you might need help with your mental health, you can always speak to a **trusted adult** like a teacher, parent/guardian, relative, faith leader, Elder, coach, etc.



You can also call **Kids Help Phone** and speak to a trained counselor to see if getting more help might be a good idea. Speak with a counsellor 24/7 by calling Kids Help Phone at 1-800-668-6868 or texting CONNECT to 686868.



Children's Mental Health Ontario agencies are open and providing support to children and youth virtually and by phone. No physician referral is required and no OHIP card is necessary to access services. [Find a Children's Mental Health Centre in your community.](#)

# How do I know if I should reach out for help about my mental health?

## Who Can Help Me?

- There are many professionals at your school who have experience working with teens. Every high school has an assigned:
  - Psychology staff
  - Social Worker
  - Child & Youth Counselor/Worker (available at some schools)
- You can ask your guidance counsellor or Principal/Vice-Principal about connecting with one of these services.
- Other supports in your community include your family doctor or community counsellor.





# How do I know if I should reach out for help about my mental health?

Ask for help if you are having **thoughts of suicide or harming yourself**. There is always hope, and there are people ready and wanting to help. Tell a caring adult that you need help. If you need immediate assistance, here are some options:

- **Call 911**
- Speak with a counsellor 24/7 by calling **Kids Help Phone** at 1-800-668-6868 or texting CONNECT to 686868





# Helpful Links

NOW OPEN

what's up  
walk in

Kids Help Phone



Naseeha

jack.org

FEELING SAD OR DISTRESSED?  
Support is available for all Indigenous People in Canada



Talk to a qualified counsellor by  
phone at the First Nations and Inuit  
Hope for Wellness Help Line at  
**1-855-242-3310**

or through online chat at  
**hopeforwellness.ca**

Indigenous Services Canada

Canada

 **Black Youth Helpline**  
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE



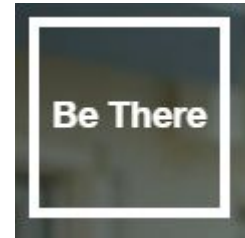
# What do I do if I'm worried about a friend?

There are things you can do to **listen and support** when a friend is experiencing problems with their mental health, but it's really important that you know that you don't have to do this alone.



Just like with your own mental health, changes in your friend's behaviour, thoughts and emotions that seem to be intense or lasting a long time can be signs that they need some more support.

When you notice or find out that friend is struggling with a mental health problem, we like the Golden Rules from Bethere.org. They're a good guide for how to talk to a friend you're concerned about.



# What do I do if I'm worried about a friend?

If your friend has said something that makes you worry about their safety or the safety of other people, it's important that you talk to someone, even if your friend has asked you not to.

Here are some options:

- If you think there's an immediate safety risk, **call 9-1-1**.
- Speak to a parent, teacher or another **trusted adult** who will guide you on how to take action.



If your friend is saying they want help getting support, suggest some options:

- Talk to a parent or guardian or another adult they trust.
- Speak with a counsellor 24/7 by calling **Kids Help Phone** at 1-800-668-6868 or texting CONNECT to 686868.
- **Children's Mental Health Ontario agencies** are open and providing support to children and youth virtually and by phone. No physician referral is required and no OHIP card is necessary to access services. [Find a Children's Mental Health Centre in your community.](#)
- Check out this list of [other services.](#)

# In Case of an Emergency



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. Even in these unusual times, it is important to get the immediate help that you need. There are people ready and available to help.

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.

Children and teens can speak with a counsellor 24/7 by calling Kids Help Phone

*Note: If you visit an emergency room, you should be prepared to participate in “active screening” for COVID-19 as part of a standard protocol at this time. You may also be asked to wear a mask. This is all normal procedure at this time and does not mean that you or your child is more vulnerable to the virus. You just may want to be prepared that the emergency room experience may look somewhat different at the moment. Try to stay calm knowing that this is just standard practice and an example of how carina professionals are providing support.*

