

#KPRLetsConnect and Talk About Student Mental Health



We need to talk and keep talking about mental health. Talking to a caring, trusted person is one way to take care of your mental health, help you solve problems, work through worries, and find more help when you need it. Listening to others without judgement, and with kindness and compassion is another way we can support mental health.

Let's connect and start talking. Here are some topics to get you started....

Let's talk about how we are feeling.

Ask others how they are doing and really listen to what is going on for them.

One way we can check-in in the classroom or at home is to use a visual to ask, how are you feeling?

https://smho-smso.ca/wp-content/uploads/2022/01/Grab-and-go-mood-meter.pdf https://smho-smso.ca/blog/online-resources/grab-go-tools/

Let's talk about ways to take care of our mental health.

- Here are some fun mental health promotion activities that families can try together at home. <u>https://smho-smso.ca/blog/online-resources/easy-and-fun-mental-health-activities-for-home/</u>
- Sharing a story together is also a great way for caregivers to connect with children and start a conversation about mental health, feelings, and resiliency. <u>https://smho-smso.ca/blog/online-resources/student-mental-health-ontario-read-aloud/</u>
- Teens can learn and develop healthy habits for mental wellness. <u>https://smho-smso.</u> <u>ca/blog/online-resources/self-care-101-for-students/</u> They can also learn grounding techniques to help them manage overwhelming emotions <u>https://smho-smso.ca/blog/</u> <u>online-resources/grounding-techniques-social-media-bundles/</u>

Let's talk about who can help with mental health problems.

Who is a good listener? Who can you talk with when you need a listening ear? Can you name a support person in your family? Friend circle? At school or at work? Connect with your child/teen and ask them who they can go to when they need support.

Let's talk about asking for help.



• There is No Problem Too Big or Too Small

This student resource provides ideas and strategies for taking care of mental health and ways to ask for help when needed. <u>https://smho-smso.ca/blog/online-resources/no-problem-too-big-or-too-small-student-help-seeking-resource/</u>

Reaching Out

This tip sheet helps students find a way to start a conversation with a trusted person about their mental health and supports them in understanding what to expect after reaching out for help. <u>https://smho-smso.ca/wp-content/uploads/2020/03/Reaching-Out.pdf</u>

• My Circle of Support Pocketbook

This resource helps students identify the people, places, and things that will support them when they need it. <u>https://smho-smso.ca/wp-content/uploads/2021/08/Circle-of-Support-Pocketbook.pdf</u>

Let's talk about where you can go for help.

Explore and identify mental health support at school, work, online, in the community. Did you know that mental health counselling takes place at school? Each KPR school has a Mental Health Clinician that provides short-term counselling to support student mental health. If you want to learn more about mental health support at school, talk with your teacher or school principal.

For parents and caregivers, mental health counselling is often available through Employee Assistance Programs. There are also free mental health services offered in Ontario, available in many different languages and for different affinity groups. To find out more about mental health, addictions, and problem gambling services in your community https://www.connexontario.ca/en-ca/

Talk about KidsHelpPhone

Go online and check-out the KidsHelpPhone website. <u>https://kidshelpphone.ca/</u> Make the KidsHelpPhone number visible by adding it as a contact in your phone, writing it in your agenda, or placing it on the fridge at home. <u>1-800-668-6868</u> or TEXT <u>686868</u> Students can also look up community mental health resources in your area. Resources Around Me <u>https://kidshelpphone.ca/resources-around-me/</u>

Let's talk about caregiver mental health.

In order to support those around us, we also need to take care of our own mental health. Reaching out and connecting with others to share ideas and talk through situations can be helpful. Taking time for yourself to rest, reflect, and recharge is also important. Here are some ways to build personal resiliency and Take Care of Yourself <u>https://smho-smso.ca/</u> <u>blog/online-resources/personal-resiliency/</u>