



2021



Health, Social, and Community Programs & Services **Call 211**

**Children's Mental Health Agencies (free services):**

[Children's Mental Health Leeds Grenville](#)  
1-800-809-2494.

[Open Doors](#) Lanark  
1-877-232-8260

[Cornwall Community Hospital](#) SD&G  
1-844-361-6363

[Valoris](#)  
Prescott-Russell  
1-800-675-6168

**For adult services mental health, addiction, problem gambling visit:**

**ConnexOntario**

1.866.531.2600  
www.ConnexOntario.ca

**LGBT Youth Line**  
1-800-268-9688  
Text 647-694 4275

**Hope for Wellness Help Line** counselling and crisis intervention to all **Indigenous peoples** across Canada.  
1-855-242-3310

Or visit [hopeforwellness.ca/](http://hopeforwellness.ca/) for online chat chat

## What is Mental Health Literacy?

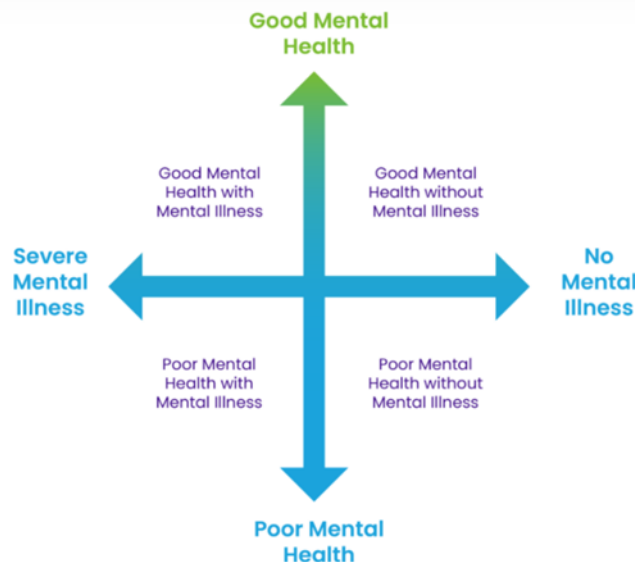
This year has been a difficult one for sustaining good mental health, and difficult for some who have mental illness. Knowing how to protect your mental health, noticing signs that it is in decline, and how to seek help, are more important than ever. Many of us have pretty good "literacy" when it comes to physical health and illness. For example, we know what a normal body temperature is (98.6° F / 37° C), what it means when that temperature rises (fever; and we might be fighting a virus), how to treat it early (medication, rest, and fluids) and when to call the doctor or go to a hospital (other symptoms are present; temperature is very high > 102° F). **Do we know the same things about mental health? Do we have good mental health literacy?**

**Rate yourself or your student(s)!** On a scale of 1 (no idea) to 10 (I can say 3 important points on the topic), how much do you or your student(s) know about:

- Protecting your mental health: what does it mean to be healthy and how can I stay healthy? Rating: \_\_\_\_\_
- Recognizing when your mental health is threatened: what are the signs that my mental health is declining? Rating: \_\_\_\_\_
- Knowing when and where to reach out for help: what are the signs that help is needed and where can I find that help? Rating: \_\_\_\_\_

Becoming literate about mental health starts with sharing the same language. Some people say 'mental health' and some people say 'mental illness'. Some people say both to mean the same thing. **What do you think when you hear "mental health" or "mental illness?"**

Mental health and mental illness are connected but different things. **Take a look at this diagram and think about what the authors ([School Mental Health Ontario](#)) are trying to show about mental health and mental illness:**



**Check!** You can watch this short video from the Centers for Addition and Mental Health (CAMH) that explains this "dual continuum" of HEALTH and ILLNESS [https://www.youtube.com/watch?v=Klswi\\_4yRaE](https://www.youtube.com/watch?v=Klswi_4yRaE)

**See next page for more on Mental Health Literacy.....**

**Kids Help Phone** 

Call 1-800-668-6868 for support or Children and youth text TALK 686868 Adults text WELLNESS 741741

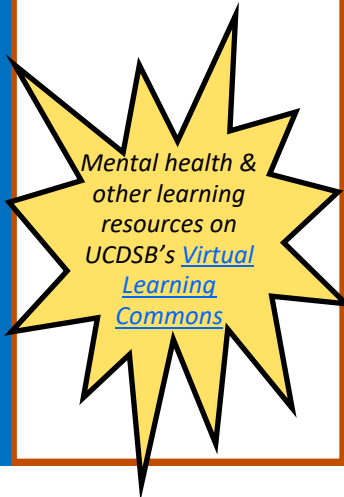


Support for parents of children with mental health challenges: [Parents Lifeline of Eastern Ontario](#)  
1-613-321-3211 or 1-855-775-7005



For help accessing mental health services in Eastern Ontario—For ages 16+

Check out past Issues of our Mental Health and Wellness Newsletters for more information on how to protect your mental health at [ucdsb.on.ca](http://ucdsb.on.ca)



## Why does understanding the dual continuum of health and illness matter?

If you had a physical disease, like heart disease, your doctor would probably prescribe medication or talk about surgical options to control the illness AND they might also talk about doing other things to keep you healthy: exercise, eating healthy foods, getting enough sleep, and using strategies to manage stress. So, even if you (or your student) have a diagnosis of depression or an anxiety disorder, practicing good mental health (wellness) strategies is important; your treatment, management, and recovery are likely to be more effective. If you don't have a diagnosed mental illness, your mental health could still be poor and your experience of work, school, friendships, and other parts of your life are likely to be less pleasurable and productive. If left unaddressed you might even start to experience signs and symptoms of a mental illness.

[School Mental Health Ontario](#) and [jack.org/covid](http://jack.org/covid) have information for parents, students, and educators on how to protect mental health and how to notice and intervene when there are risks to staying healthy.



School Mental Health Ontario

Santé mentale en milieu scolaire Ontario



[KidsHelpPhone](#) and [MindYourMind](#) sites are great places for children and youth (and parents and teachers!) to visit when you have questions about mental health and want to learn more.



**And:** A mental health organization like those listed throughout this Newsletter can assist if you have questions about what you are experiencing or are seeing in others, or you need more help.

Finally, your school can be a resource for information, support, and assistance toward services.



Our classrooms have access to resources to help support mental health and build mental health literacy. Here is an example from School Mental Health Ontario's "[Class Conversation Starters](#)"

SEEKING HELP

What are some apps you could use to help your mental health if you're having a hard time?

Card 3

School Mental Health Ontario / Santé mentale en milieu scolaire Ontario | www.smho-smso.ca

SUGGESTIONS

What are some apps you could use to help your mental health if you're having a hard time?

- **HealthyMinds, Royal Ottawa Health:** Problem solving tool, help manage emotions and cope with stress
- **MindShift, Anxiety Canada:** Strategies to support relaxation and manage anxiety
- **Be Safe, ConnexOntario:** includes personal safety plan and localized resources
- **mood by mindyourmind, ConnexOntario:** track your mood and sleep patterns
- Other ideas?

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