



September 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.

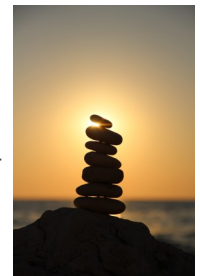
1-855-242-3310
Or visit hopeforwellness.ca/ for online chat



We hope everyone is as excited as we are to be back at school. Are some of you also nervous? That's ok. Lots of people get nervous for new things. Do you get worried when things change? So do many people. Uncertainty can be hard. What we DO know, for sure, is that our staff are welcoming everyone back as safely as possible, are there to help you and each other, and are excited to learn, laugh, and play together.

How to establish and share some calm during uncertain times:

- [Anxiety Canada](#): Tip sheets and articles on coping with back-to-school nerves (and stuff for when "nerves" become anxiety).
- [School Mental Health Ontario](#): How parents can support a mentally healthy return to school including how to have those all-important conversations about stress and coping. School Mental Health Ontario's website has all kinds of other mental health and wellness information for parents, students, and educators.
- **For Teens**: Jack.Org's ["COVID19 Youth Mental Health Resource Hub"](#)
- **For Children and Youth**: [Kids Help Phone](#) isn't just a helpline. They have a resource rich website that educates and supports children, youth (and their caregivers!)



Finally: Know there is help available when things feel too overwhelming. This newsletter has links to services.

Reminder: Our health units are sources of information for COVID19 status and health recommendations (including mental health). Stay up-to-date on what our Health Units have to say (click on images).



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



For help accessing mental health services in Eastern Ontario ages 0-21. Online or call 613-260-2360 or 1-877-377-7775



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