


## When there is a positive COVID-19 diagnosis in your child's classroom...



*Beloved,  
I pray that all may go  
well with you and  
that you may be in  
good health, just as it  
is well with your soul.  
(3 John 1:2)*

### It is stressful.

This is already a challenging time for families, and the disruption to daily lives and routines presented by a positive COVID-19 diagnosis may only add to the worry you are experiencing.

### **Being physically healthy and safe is important, but protecting our well-being is important, too.**

As you cope with the uncertainty, change, and required safety measures, there are COVID-specific resources that can help support your well-being. We have included some reliable sources.

If you are concerned about the mental health and well-being of yourself or your child and need support, please reach out to your school principal. Schools continue to have mental health professionals available to support their communities and they are connecting with families virtually every day. There are also many supports available in the community and we can help you navigate them.

- Kids Help Phone (1-800-668-6868) <https://kidshelpphone.ca/> (24-hour mental health support)

If you or your child are experiencing a mental health emergency, call 911, go to the emergency room of your nearest hospital, or call your local crisis response line **immediately**:

- Peel Children's Centre's crisis response line: 416-410-8615 (0-18 years)
- 24.7 Crisis Support Peel Dufferin: 1-888-811-2222 (16 years or older)

Please know that we will do everything we can to support a smooth transition back to the classroom for children who need to isolate as soon as it is safe to do so. We look forward to your healthy return.

School Mental Health Ontario:  
<https://smho-smso.ca/covid-19/>

Jack.org:  
<https://jack.org/covid>

CAMH:  
<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Anxiety Canada:  
<https://www.anxietycanada.com/covid-19/>

Canadian Mental Health Association:  
<https://cmha.ca/news/covid-19-and-mental-health>

Children's Mental Health Ontario:  
<https://cmho.org/covid19/>

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We know families are making significant adjustments to help keep themselves and our entire community healthy and safe. Thank you.

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*May God bless you and  
your family and keep you  
safe and well.*