

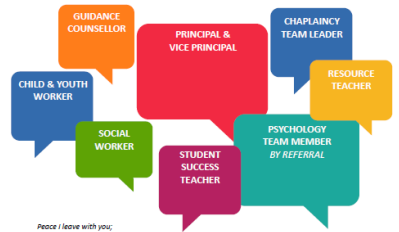
# MENTAL HEALTH SCHOOL SUPPORTS

## DO YOU HAVE A MENTAL HEALTH CONCERN?

- Are you a student experiencing stress, worry or sadness?
- Are you a parent/guardian wondering how to support your child?
- Are you Board staff inquiring on behalf of a student?



If you need help, come talk to us...  
**WE ARE HERE TO LISTEN**



*Peace I leave with you;  
my peace I give to you...  
Do not let hearts be troubled,  
and do not let them be afraid.  
John 14:27*



## IF YOU NEED HELP, COME TALK TO US... WE ARE HERE TO LISTEN.

- There are many people in your school who are there to help, such as social work, psychology, and child and youth work staff. Reach out to them. They are there for support.
- If you don't know who the mental health support staff are in your school, talk to a school staff you trust. They can help you connect.
- School mental health support staff can provide direct support or help you connect to supports outside the school, depending on your concern and preference.

## THIS IS NOT AN EMERGENCY SERVICE

- If you need urgent attention, please call 911 or go to your local emergency department
- If you are in crisis, please call:  
Peel Children's Centre Crisis Response 416-410-8615  
CMHA Crisis Support Line 905-278-9036  
CMHA Caledon Dufferin 1-888-811-2222



Find other mental health and well-being resources [here](#).