

May  
2021



Health, Social, and  
Community Pro-  
grams & 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](http://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 online chat at  
[hopeforwellness.ca/](http://hopeforwellness.ca/)



1-833-456-4566 text 45645

*"Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions—even the uncomfortable ones like sadness, fear and anger."*

[Canadian Mental Health Association](#)



Every year since 1951, the Canadian Mental Health Association (CMHA) has hosted Mental Health Week at the beginning of May. The theme for May 2021 is understanding our emotions. This year, especially, people are experiencing a wide range of emotions due to disruptions in our day-to-day lives related to the pandemic and pandemic response.

**Everyone deserves to feel well, and understanding emotions is a part of feeling well.**

- Feeling sad, angry and anxious at times is part of being human.
- Even if we try to push our difficult feelings down, they don't usually go away.
- In fact, one of the best ways to manage our emotions is to give them a voice: "Name it to tame it".

**Recognizing and labelling our feelings are all part of protecting and promoting good mental health for everyone.**

- Emotional self-regulation, or the ability to label and shape your emotions, is a protective factor for good mental health.
- When we put feelings into words, we are constructing and making meaning of our emotions. Without words for emotions, our feelings might seem unclear to us. Putting how we feel into words can help put the brakes on emotional responses, and gives us time to understand the "what, why, when?" for those emotions....and then we can problem solve how to maintain or change our responses.

**However, if your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to speak up, reach out, and seek support.**

- Use the links and numbers in this Newsletter to find help if you need it.
- You can also contact your teacher or other school staff for more information, or to access navigation-support via our Special Services Counsellors. **You are not alone!**

From School Mental Health Ontario's [Stress and Coping "Virtual Field Trip"](#)



How would you label these emojis? When do you feel like this? Are there any feelings that are NOT here? What would an emoji look like for those feelings? **Who can you talk to about feelings (who is in your circle of support)?**



See more activities to support mental health and wellness by visiting [School Mental Health Ontario](#) or [Jack.Org/Covid](http://Jack.Org/Covid)

**Kids Help Phone** 

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