

HELPFUL RESOURCES

Speak to professionals you trust:

- Guidance Counsellor/Teacher
- School Psychology Staff
- Child and Youth Worker/
Child and Youth Counsellor
- School Social Worker
- Family doctor
- Community counsellor

Numbers and Clinics



- MHTO (Mental Health T.O) Call 1-866-585-6486
- Kids help phone: text 'connect' to 686868 or call 1-800-668-6868
- Telehealth Ontario: 1-866-797-0000
- Distress Centres Of Greater Toronto: 416-408-4357 OR text: 45645 (24/7 support)
- What's Up Walk-In Counselling Services: www.whatsupwalkin.ca
- Drop in Youth Counselling (ages 13-29): 501 Oakwood Ave. 647-798-0441
- East Metro Youth Services Walk-in Counselling: 1871 Danforth Ave. 416-690-1888
- Call 211 or text 21186 for community supports (food banks, housing etc.)

Free Websites and Apps

• Websites:

- Anxietycanada.com
- <https://kidshelpphone.ca/get-info/anti-black-racism-support-for-black-people-and-allies/>
- www.tdsb.on.ca/Remote-Learning/Resources-During-Covid-19

• Apps:

- [Mindshift CBT](#)
- [MyLife](#)
- [Breathe](#) (Apple only)
- [Calm](#)
 - [Apple version](#)
- [Smiling Mind](#)
- [Self-help for Anxiety Management](#)
 - [Apple version](#)
- [Headspace](#)



How do I know when to reach out for help?

Anger, worry and sadness can be a problem when:

- I feel this way almost everyday
- I feel overwhelmed and very upset
- It stops me from doing fun and important things
- It affects my sleeping and/or eating
- I use alcohol/drugs and/or other problematic strategies to avoid how I am feeling
- It affects my relationships with others

More info: ['No Problem Too Big or Too Small'](#)

COPING TOOLS & STRATEGIES

- REACH OUT TO A CAREGIVER, TEACHER OR FRIEND
- LISTEN TO MUSIC, EXERCISE, DANCE, CREATE ART OR MUSIC
- PROBLEM SOLVING (CBT)
- PRAYING/CONNECTING WITH SPIRITUAL LEADER
- MINDFULNESS
- BREATHING EXERCISES
- PROGRESSIVE MUSCLE RELAXATION
- VISUALIZATION
- POSITIVE SELF-TALK
- JOURNALING



WHAT WILL HELP ME HAVE A SUCCESSFUL SCHOOL DAY?

- SET A DAILY SCHEDULE
- SCHEDULE IN TIMES FOR STUDYING/ASSIGNMENTS AND CROSS OFF COMPLETED TASKS
- GIVE YOURSELF SOME TIME OFF - BREAKS ARE NECESSARY!
- PRACTICE, PRACTICE, PRACTICE IS THE ONLY WAY TO MAKE A ROUTINE STICK

- STAY PHYSICALLY ACTIVE
- LIMIT SCREEN TIME BEFORE BED
- MAKE TIME TO CONNECT WITH FRIENDS OR OTHER SOCIAL SUPPORTS
- SPEAK UP FOR YOURSELF AT SCHOOL AND HOME
- BE KIND TO YOURSELF. DON'T WORRY IF YOUR DAY DOESN'T GO AS PLANNED



HOW TO IMPROVE MY SLEEP

- ▶ LIMIT CAFFEINE INTAKE, ESPECIALLY 6 HOURS BEFORE BED
- ▶ GET DIRECT SUNLIGHT EVERY DAY
- ▶ TURN OFF ELECTRONICS AT LEAST 30 MINUTES BEFORE SLEEP
- ▶ LEAVE ELECTRONICS OFF DURING THE NIGHT
- ▶ LIMIT NAPPING
- ▶ MINIMIZE BRIGHTNESS AND NOISE; WHITE NOISE APPS
- ▶ TRY GETTING UP AND GOING TO BED AT THE SAME TIME EVERYDAY

If I still have trouble sleeping...

- WRITE YOUR THOUGHTS DOWN IF YOU WAKE UP WORRYING IN THE NIGHT
- READ A BORING BOOK
- MAKE SURE YOU GET OUT OF BED - DON'T LIE AWAKE IN YOUR BED
- DO NOT GO ON TECHNOLOGY



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MINDFULNESS EXERCISE

THREE THINGS...

- Name 3 things you see**
- Name 3 things you hear**
- Name 3 things you feel in/on your body**

Repeat the same sequence with 2 things and then 1 thing

Be forgiving of yourself. This is hard!