



MAY SAFETY TOPIC **MENTAL HEALTH AWARENESS**

Mental Health Helpline: 1-877-303-2642

This toll-free helpline provides confidential and anonymous services, crisis intervention, information about mental health services and referrals to other agencies.

The education system plays an important role in contributing to enhanced positive mental health in children and youth. Promoting and supporting positive mental health and welcoming, caring, respectful, and safe learning environments is vital to ensuring children and youth are resilient better able to learn, achieve success and build healthy relationships. This is the shared responsibility of parents, educators, community and government.

MENTAL HEALTH APPROACHES AND PRACTICES IN SCHOOLS CAN HELP TO:

- ✓ enhance academic achievement and school attendance
- ✓ increase in academic confidence and engagement in learning and in community life
- ✓ reduce high-risk behaviors of children and youth
- ✓ increase involvement in community activities and citizenship
- ✓ enhance respect and appreciation for diversity and individual differences
- ✓ create welcoming, caring, respectful and safe learning environments



PEOPLE WHO ARE MENTALLY HEALTHY:

- ✓ have a sense of contentment
- ✓ can deal with stress and bounce back from adversity
- ✓ have a sense of purpose and meaning
- ✓ can build and maintain fulfilling relationships
- ✓ are flexible and can adapt to change
- ✓ balance work and play, rest and activity
- ✓ have self-confidence and high self-esteem

USING RESPECTFUL AND POSITIVE LANGUAGE

Words are powerful and they can shape ideas, perceptions and attitudes. It's especially important to keep this in mind when talking about students' mental health illness or mental health issues.

What we need to remember is that individuals with mental illness or mental health problems are first and foremost people. They have a range of strengths, needs, interests and experiences, just like everyone else.

It is also important to acknowledge the diversity of experiences individuals will have with mental illness or mental health problems and not assume that students with similar types of conditions will have similar personalities, abilities and needs.

HERE ARE SUPPORT SYSTEM TO REACH OUT IF YOU NEED TO TALK OR RECEIVE GUIDANCE

♥ **Alberta 211** provides information, mental health referrals and resources. Professionally trained specialists are available by texting INFO to 211, live chat through the website, ab.211.ca or calling [2-1-1](tel:2-1-1).

♥ If a child needs someone to talk to, they can text CONNECT to the **Kids' Help Phone at 686868** or call [1-800-668-6868](tel:1-800-668-6868). This 24/7, free service offers professional counselling, information and referrals.

♥ If a parent, school staff member or other adult needs someone to talk to, they are encouraged to call the confidential, toll-free, 24/7 mental health helpline at [1-877-303-2642](tel:1-877-303-2642). This helpline is attended by a team that includes nurses, psychologists and social workers.

♥ The Alberta Health Services website **Help in Tough Times** also has helpful information, including the [Text4Hope](#) resource, which you can subscribe to for free by texting COVID19HOPE to 393939. It offers 3 months of supportive text messages written by mental health therapists.

♥ Kickstand offers the **MoreGoodDays** text messaging service. This service offers daily inspiration and advice to boost mental health – this program is similar to AHS's [Text4Hope](#), but geared specifically to young people. Young people can get started by texting "MoreGoodDays" to 393939.

♥ Indigenous families may wish to contact the toll-free **Hope for Wellness Help Line** at [1-855-242-3310](tel:1-855-242-3310) or the online chat at hopeforwellness.ca (open 24 hours a day, 7 days a week). This line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada in Cree, Ojibwe and Inuktitut.

RESOURCES: ALBERTA.CA MENTAL HEALTH IN SCHOOLS
ASEBP INKBLOT
YOUR ALBERTA: MENTAL HEALTH FAMILY ENGAGEMENT
MYMENTALHEALTH.CA



<https://wellness.asebp.ca/your-wellness/mental-wellness/>

Inkblot ASEBP

Employee and Family Assistance Program (EFAP)

EFAP offers confidential help for work, life and health challenges including:

- Mental health management
- Stress reduction and management
- Relationship and family support
- Legal and financial consultation
- Research an advisory

How can I help a loved one?

Loved ones can play an important role in helping someone choose the best options for their situation. You can offer both emotional support and a lot of important practical help, like scheduling appointments or finding services. You can also be key in helping monitor early changes in a loved one's well-being, including both setbacks and improvements.

It is important to respect your loved one's wishes, even if you don't agree with their choices. Forcing someone to choose a particular treatment or service provider can damage relationships and make things harder for everyone.

**HATS ON! FOR
MENTAL HEALTH
MAY 8, 2024**

