

## Looking for someone to talk to about Mental Health??

*We have many options for students and families in Anglophone School District East ....*

*Let's take a look:*

Mental Health Supports in Anglophone District East																					
Child and Youth Teams		School Counsellors		Kids Help Phone and other resources																	
<p>If you are an existing client or experience moderate to severe mental health and/or addiction concerns</p> <p style="text-align: center;">Available 8am – 4pm Monday - Friday</p>		<p>If you would like strategies and tools you can use at home to support positive mental health and wellbeing.</p> <p style="text-align: center;">Available 8am – 4pm Monday - Friday</p>		<p>Confidential telephone, texting and online counselling services</p> <p style="text-align: center;">Available 24 / 7</p>																	
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<p><b>If this is an emergency, call the Mobile Crisis Unit <span style="color: red; text-decoration: underline;">866-771-7760</span> Sunday to Sunday 12 p.m. to 10 p.m. or call <span style="color: red; text-decoration: underline;">911</span></b></p>																					

## Mental Health Supports in ASDE

ASDE is committed to providing all children, youth and families with personalized mental health supports. With the global pandemic, the closure of schools and the requirement to physically distance this support may look different but we are still here for you. Let's take a look at how together we can help support your mental health and wellbeing:

### **What is the difference between the services offered by the Child and Youth Team and the School Based Counselors?**

#### **Support from Child and Youth Teams:**

Our Child and Youth Teams will focus on providing support to families and direct service to children and youth presenting with moderate to severe mental health and / or addiction concerns. These services have moved, as much as possible from face to face sessions to tele-counselling, yet in person sessions are still possible if required.

#### **When do I call the Child and Youth Team?**

Call the Child and Youth Team if you already work with a Child and Youth team member and want to schedule an appointment or if would like to make a service request for a child / youth who is experiencing moderate to severe mental health or addictions concerns. Youth 16 years and older can self-refer.

#### **Support from School Based Counsellors:**

Our School Based Counsellors will focus on providing support to students and families, who are not already engaged with Child and Youth Teams and are looking for tools and strategies they can use at home to promote positive mental health and wellbeing. This support will be offered via phone and email and provide students and families with an opportunity to reach a counsellor from their school community. If you would like to contact a specific counselor from your school, you can email them directly.

[Please click here for school counsellor email addresses.](#)

#### **When do I call the School Based Counsellor Team?**

Call the School Based Counselor Team if you are looking for tools or strategies you can use at home to support positive mental health and wellbeing. Some examples of situations school-based counsellors could support are below:

Example A:	<i>A parent of student in grade 2 student who experiencing anxiety at bedtime regarding the 'Monster Virus' is seeking strategies they can try with their child at bedtime.</i>
Example B:	<i>A high school student is concerned about the impact if the school closure on the year end activities, ie: Prom / Graduation and could use some support with strategies around forecasting the future and /or perspective taking.</i>