

Student Wellness Project Parent Newsletter #6

These are trying times and your Student Wellness Project would like to help support you and your family's mental health and wellness. Each week we will send out a newsletter to help support each and everyone of you.



Video: Hello Feelings: Listen

https://www.youtube.com/watch?v=8Qf_-DLLwUg&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKLUQCw&index=19

If you need to reach out remember there are resources:

- Kids Help Phone: 1-800-668-6868
- <https://kidshelpphone.ca/live-chat/> (live chat)
- Mental Health Hotline: 1-877-303-2642

Text **COVID19HOPE** to **393939** to subscribe. The program provides one-way communication. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations (text messages are free, dependent on the users cell phone plan).