

GCI MENTAL HEALTH, WELLNESS AND CARING TEAM

MARCH MENTAL HEALTH AND WELLBEING NEWS AND RESOURCES

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Mental Health 101
jack.org

A hub of resources to help you take care of yourself and look out for the people you love during this challenging time.



YOUTH WELLNESS HUB OPEN FOR IN PERSON VISITS!

TECH CENTRE & STUDY SPACE

Wi-fi, Computers, Printing, Homework help, Gaming

Want to get out of the house? Need a new atmosphere to work! Stop by the Langs Youth Wellness Hub, located just down the street from GCI

Help a Friend!

Want to Know How to Help a Friend?

STUDENT GUIDE TO MENTAL HEALTH

KNOW THE 10 COMMON WARNING SIGNS

- 1 Feeling very sad or withdrawn for more than two weeks
- 2 Seriously trying to harm or kill oneself or making plans to do so
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden overwhelming fear for no reason
- 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6 Seeing, hearing or believing things that are not real
- 7 Repeatedly using drugs or alcohol
- 8 Drastic changes in mood, behavior, personality or sleeping habits
- 9 Extreme difficulty in concentrating or staying still
- 10 Intense worries or fears that get in the way of daily activities



Take the Quiz!



Local Community Resources and Supports

Whenever you need to talk, we're open.

Text 686868
KidsHelpPhone.ca
Call 1-800-668-6868

Kids Help Phone



YMHC
Youth Mental Health Canada



Front Door
Access to Child and Youth Mental Health Services

IN SCHOOL SUPPORTS AND CONTACTS

Guidance Team - <https://gci.wrdsb.ca/guidance/>

Social Worker - Mr. Appiah (ext. 8-5522)

Child and Youth Worker - Mrs. Flynn - susan_flynn@wrdsb.ca

Mental Health Team Leads - Mrs. Fitzpatrick and Mrs. Flynn
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