



Mental Health Resources at NPSC

April 20, 2020

Ask for help from a mental health professional if you feel unable to cope. Our Mental Health team at Nipissing-Parry Sound Catholic District School Board is offering a variety of services to our NPSC community.

In Case of Emergency

If you or someone you know is experiencing a mental health or substance use emergency, call 9-1-1 or go to the emergency room of your local hospital. Even in these unusual times, it is important to get the immediate help that you need. There are people ready and available to help.

If you are not sure if it is an emergency, or just need to talk through the situation, consider reaching out to Telehealth Ontario at 1-866-797-0000, or the Hands Crisis Line at 1-844-287-9072.

For youth 16 years and older, the Mobile Crisis North Bay City Police and North Bay Regional Health Centre is operating regular hours Monday-Friday 8-6 available through the non-emergency line of the police service 705-497-5555.

Connex Ontario is a central database for services available at Connexontario.ca or by telephone 1-866-531-2600.

Children and teens can speak with a counsellor 24/7 by calling Kids Help Phone at 1-800-668-6868 or texting CONNECT to 686868.

Mental Health Check-Ins (email)

Mental Health Check-Ins for parents and students are available via email. If you are looking for support for yourself or if you are concerned about your child's mental health while they are away from school, this may be an option for you. Emails will be monitored by mental health professionals between 8:30am and 4:30pm, Monday-Friday and are not designed to respond as a 24 hour crisis or emergency service.

Online Group Sessions for NPSC Caregivers

Our Mental Health team is facilitating online group sessions for caregivers to talk about their successes and struggles in our current situation. Group sessions will provide participants with the opportunity to talk about their situation and share strategies for how to manage the challenges facing caregivers during this time.



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In order to make these sessions as convenient as possible for all of our families we will offer them in the morning, afternoon, or evening as required by families.

****At this time these group sessions are only being offered to parents and guardians of students in our elementary schools. If your child is in high school and you would be interested in accessing this service, please reach out using the email listed above.****

Contact tessierp@npsc.ca to access any of these services or for more information.

NPSC Wellness on Edsby

All elementary parents, caregivers and students are welcome to join the NPSC Wellness group on Edsby. Our Mental Health Team is sharing resources and activities that promote positive mental health to support children and youth during this time away from school. To request access the group search "NPSC Wellness (Elementary Mental Health)" on Edsby and send a message to one of the group moderators.

Resources for Secondary

The SJSH Wellness Hub on Edsby is open to all SJSH students to access well-being information to support student mental health during this pandemic. This group contains a calendar of events with resources and daily activities and supports, including Wellness Hub group drop-ins to keep students feeling connected to each other.

The Mental Health Edsby page for SJSH students also has links to online Drop-In Wellness Check Ins (Individual/Private) for SJSH students looking to speak with School Social Workers. Appointment availability will be updated weekly and posted to the Edsby Wellness Hub group.

For details about any of the services listed above contact tessierp@npsc.ca