

January 5, 2021

## Supporting Student Well-being

Student success and well-being are important. If you are the parent of a student or you yourself are a student who is struggling or feeling unable to cope, please be aware there are many ways to seek help, including the many supports offered by the Nipissing-Parry Sound Catholic District School Board Mental Health Team. Resources that are available to elementary and secondary students include:

### For Elementary Students:

- Access to in-person and virtual mental health professionals. If you would like to talk to a mental health professional, contact your school principal who will make the appropriate arrangements. Your confidentiality will be maintained.
- The NPSC Wellness Hub for elementary students and their families on Edsby. This Hub is open to all students to join, by searching “NPSC Wellness Hub” on Edsby and requesting access by a group moderator.

### For Secondary Students:

- Access to in-person and virtual mental health professionals. If you would like to talk to a mental health professional, contact your school principal who will make the appropriate arrangements. Your confidentiality will be maintained.
- The SJSH Wellness Hub on Edsby provides valuable resources and information to help students maintain personal wellbeing. This Hub is open to all SJSH students to join, by searching “SJSH Wellness Hub” on Edsby and requesting access by a group moderator.

Contacting the Mental Health Team does not affect your academic standing, transcript, or overall academic record and **your information is kept private and confidential**. For more information or to reach out for support contact the Mental Health Lead, Trish Tessier, at [tessierp@npsc.ca](mailto:tessierp@npsc.ca)

### Community Resources:

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.



1000 High Street  
North Bay, Ontario P1B 6S6  
Tel: 705.472.1201 • Fax: 705.472.0507  
Web Site: [www.npsc.ca](http://www.npsc.ca)

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](http://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.