

## Q2 MENTAL HEALTH

Ottawa-Carleton District School Board  
Building Brighter Futures Together @OCDSB

### Q2 What are some ways that the OCDSB could improve how we support learning and well-being?

**Making accommodations for individuals with mental health issues that affect their learning. (Depression, anxiety, etcetera)** I find that individuals with mental health issues that affect their learning are doing poorly in school, solely because they cannot work as well.

*Students Grades 9 to 12*

4.2 ★★★★★ (26)



**Educate students more on Mental Health.** It's important because there are students who put school before their own well-being because of excessive studying and all nighters.

*Students Grades 9 to 12*

4.2 ★★★★★ (25)



**Focus more on mental health** I have heard some students committed suicide in the past, and in Canada, this can be consider as a weakness. I hope OCDSB can put more attentionon it

*Students Grades 9 to 12*

4.1 ★★★★★ (25)



**Provide support for students suffering from health problems ( mental and physical ) or going through difficult events** I suffer from 3 diseases and a family member of mine died, so sometimes I had to take time off to recover and the teachers would get mad at me for it.

*Students Grades 9 to 12*

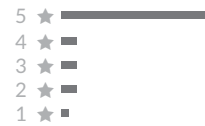
4.1 ★★★★★ (25)



**We desperately need more mental health support for students, parents and staff.**

*Elementary Staff*

4.1  (24 )



**We need more supports in place to address student mental health.** Our students are struggling and without the basis of healthy students (both physically and mentally) the academic gaps are getting bigger.

*Elementary Staff*

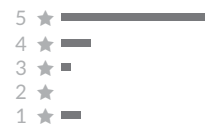
4.1  (24 )



**Support mental health** Mental health is the basis for all students, it's hard to attend if you have anxiety, it's hard to work with ADD, lack of motivation when depressed.

*Students Grades 9 to 12*

4.1  (20 )



**Recognition of staff mental health needs - when it comes to stress, etc.** We are asked to do much more, and often are the first to be fed to the lions. Give us support and resources to look after our mental wellbeing.

*Secondary Staff*

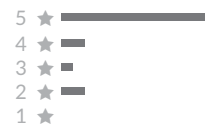
4.1  (18 )



**Student mental well-being is NOT the same as no stress or high marks for everyone** Re-focus to help kids cope with stress, not find ways to make them avoid it

*Secondary Staff*

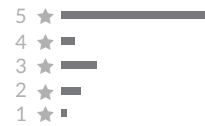
4.1  (17 )



**The mental health of children should matter just as much, if not more than, the E.Q.A.O. scores of a school.** It's obvious!

*Elementary Staff*

4.0  (31 )



**Put mental health as a more important factor. I know lots of people who have had issues because a teacher doesn't know how to handle mental health.** It's important so that all students feel safe and welcomed in their own learning environments. Mental health may not be visible, but it's important.

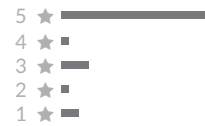
*Students Grades 9 to 12*

4.0  (25 )



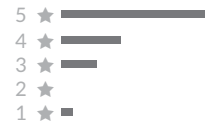
**The OCDSB should place a much greater focus on the mental health of students** There are some teachers who talk about it, but there isn't a lot of conversation about mental health or resources for students & that should change  
*Students Grades 9 to 12*

4.0  (22 )



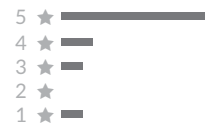
**Have teachers educated on mental health and dangerous topics.** I have had teachers joke about suicide and hating yourself all while i was going through severe depression. Educate them.  
*Students Grades 9 to 12*

4.0  (21 )



**Mental health support** I find that when kids are mentally ill and aren't able to focus on school they can be pressured by staff that school is more important.  
*Students Grades 9 to 12*

4.0  (20 )



**Support Staff Wellbeing** Well regulated adults leads to well regulated students.  
*District Office and Centrally Assigned Staff*

4.0  (18 )



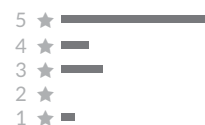
**Building capacity to support mental health initiatives.** This may be one of the most critical supports moving forward. Regulate then educate...  
*District Office and Centrally Assigned Staff*

4.0  (17 )



**Making teachers more aware of people with mental health issues** There are teachers who don't understand what it's like to have mental health issues and well tell a student no to something that well help them  
*Students Grades 9 to 12*

4.0  (16 )



**Talk more about mental health** Many students dont know how to help others with mental illnesses or dont know what resources they have. There should be more info available about this.  
*Students Grades 9 to 12*

3.9  (25 )



**Actually care about our mental health** The school board talks about mental health a lot but does little to help students who are so depressed or anxious they can not get to school

*Students Grades 9 to 12*

3.9 ★★★★★ (21)



**Mental Health** Students must be trained in detecting warning signs of mental illnesses (depression, anxiety, psychotic episodes)

*Students Grades 9 to 12*

3.9 ★★★★★ (21)



**Having better access to mental health supports at school, which are available but severely limited.** Mental health issues are a barrier to education and need to be addressed at the schools as well in the larger community

*Secondary Parents and Guardians - 1*

3.9 ★★★★★ (20)



**Spread more awareness** People won't know how to help kids problems if it's never talked about. If no one talks about mental health etc. how will others feel comfortable

*Students Grades 9 to 12*

3.9 ★★★★★ (20)



**Mental Health Continued Awareness** regarding mental health literacy, the network of support mechanisms at a board and community level.

*Students Grades 9 to 12*

3.9 ★★★★★ (18)



**More mental health initiatives & programs for both staff & students.** The way we think & feel about ourselves impacts how we interact with others & our attitude towards all that we do!

*Secondary Staff*

3.9 ★★★★★ (16)



**Teach the children that mental health is important. Teach them that it is ok to ask for help.** Mental health is just as important as physical health. It is easier to fix mental health early before they leave the school system

*Secondary Parents and Guardians - 4*

3.9 ★★★★★ (15)



**Teaching students about using words like autism as insults and making jokes at the expense of people with autism and other disabilities.** People are using autism as an insult but it's not. They're who we are. I'm autistic. I have to hear people use part of who I am as a word for stupid.

*Students Grades 7 to 8*

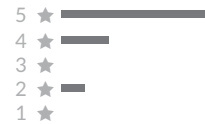
3.9 ★★★★★ (13)



**The board claims wellness of staff is important to them but there is not much evidence of this in practice.** When your staff feels well and taken care of they can do a better job taking care of their students, parents and school communities.

*Elementary Staff*

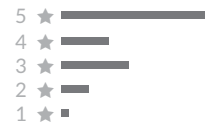
3.9 ★★★★★ (9)



**we need more support for wellness for staff. a lot of talk and not a lot of action**

*Elementary Staff*

3.8 ★★★★★ (31)



**Increased mentoring of younger students by older students to build a sense of community and improve the feeling of safety in the student body.** This shows the older students that they have much to share and teach the younger ones and provides young students with role models and peer supports.

*Elementary Parents and Guardians - 3*

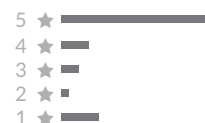
3.8 ★★★★★ (27)



**We need much better mental health training for teachers. I myself and a few of my friends struggle with anxiety and depression, which gets in the way** I have had teachers give me anxiety attacks because they didn't know how to deal with it. My friend was afraid to come to school for similar reasons.

*Students Grades 9 to 12*

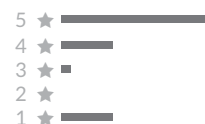
3.8 ★★★★★ (25)



**don't let teachers pick on the mentally ill** When I dont have my hand up dont pick me. I'm paying attention, but i have really intense and serious anxiety. The littlest things can set me off!Stop

*Students Grades 9 to 12*

3.8 ★★★★★ (25)



**We need a stronger focus on mental health in the school system. Many children are suffering. There simply is not enough support/ resources available.**

*Elementary Parents and Guardians - 2*

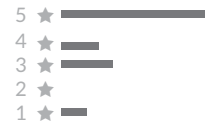
3.8 ★★★★★ (24)



**Better mental health education for teachers so they can be in a better position to understand, emphasize and provide first level support to students** Teachers although well intentioned may not know how to talk to students who are experiencing mental health challenges and they need to interact daily

*Secondary Parents and Guardians - 1*

3.8 ★★★★★ (20)



**Increased time spent on staff wellness as without staff well being we cannot support student well being effectively.**

*District Office and Centrally Assigned Staff*

3.8 ★★★★★ (19)



**Provide mental health support to all students**

*Elementary Parents and Guardians - 3*

3.8 ★★★★★ (18)



**Focus more on mental health than physical health** Especially for younger children the paranoia over even the slightest injury does far more harm than good I feel.

*Students Grades 9 to 12*

3.8 ★★★★★ (17)



**add more four/four and a half day weeks – not so that students may become lazy, but because school is very stressful and students need more time to re cuperate**

*Students Grades 9 to 12*

3.8 ★★★★★ (11)



**Make accommodations for individuals with mental health issues that affect their learning.**

*Students Grades 9 to 12*

3.8 ★★★★★ (10)



**We need to be pro-active in addressing compassion fatigue for all employees.** You can't support student learning if you are suffering the effects of compassion fatigue.  
*District Office and Centrally Assigned Staff*

3.8 ★★★★★ (6 👤)



**To make a real, substantial commitment to the mental health of inner city children!** There are so many inner city children and youth who have mental health issues that cannot be downloaded to teachers and E.A.'s to deal with.  
*Elementary Staff*

3.7 ★★★★★ (30 👤)



**i think teachers should be more thoroughly trained in recognizing the symptoms of various mental illness, more specifically the sign of a panic attack** it's important because i, and many of my peers suffer from panic attacks and some teachers don't recognize the signs, and it affects my grades  
*Students Grades 9 to 12*

3.7 ★★★★★ (26 👤)



**Address and recognize mental health issues!** Too many kids are going unnoticed with terrible illnesses and little is being done to help this! We need more mental health awareness  
*Students Grades 9 to 12*

3.7 ★★★★★ (24 👤)



**Mental Heath Continued (4)** Ensure that mental services are provided equally across the spectrum yet provide more resources for the schools who need it.  
*Students Grades 9 to 12*

3.7 ★★★★★ (19 👤)



**Mental Health Continued (3)** Ensure that a steady percentage of the funds allocated to schools is for mental health programs. Each year, that percentage should be evaluated.  
*Students Grades 9 to 12*

3.7 ★★★★★ (17 👤)



**More mental health support in schools**

Students who are struggling need easy access to help. Having a mental health supports integrated into daily school life as a preventative measure.

3.7 ★★★★★ (13)



Secondary Parents and Guardians - 1

**More formal training for teachers on anxiety in kids and how to handle it. Some teachers are amazing at dealing with it, while others have difficulty**

3.6 ★★★★★ (29)



Elementary Parents and Guardians - 1

**better mental health supports available in the school** more and more of our students are suffering anxiety, depression, suicidal thoughts etc. Resources within the school are extremely limited

3.6 ★★★★★ (25)



Secondary Parents and Guardians - 4

**Teaching on healthy relationships at all grades** Because this is an age where students have a lot of questions and are exploring

3.6 ★★★★★ (24)



Secondary Parents and Guardians - 2

**I believe there is nothing more important than mental health and happiness when it comes to learning.** I think we need people we feel completely comfortable talking to about feelings and problems we have. I think that it should be taken more seriously.

3.6 ★★★★★ (21)



Students Grades 7 to 8

**Focus on mental health and social issues** Anxiety levels are on the rise and students lack coping skills/self awareness

3.6 ★★★★★ (20)



Elementary Parents and Guardians - 1



**Provide teachers with more training to increase awareness of learning disabilities and mental health challenges such as anxiety.**

Impatience (incl repeated yelling by 1 teacher) with kids w learning disabilities turns them off learning & destroys confidence. He CAN'T sit still!

*Elementary Parents and Guardians - 3*

3.6  (18 )



**To make school feel productive** On a normal day in school, I feel very much like I'm just going with the flow(i a bad way) when it comes to work. When I Went to "Take your kid to ...

*Students Grades 9 to 12*

3.6  (16 )



**Teachers need much more training on child/adolescent development, trauma-informed care, and how to support socio-emotional development** Kids can't learn if they don't feel emotionally safe. Kids can't do their best when the expectations aren't developmentally appropriate.

*Secondary Parents and Guardians - 3*

3.6  (9 )

