

Resources for Students

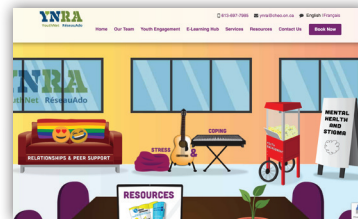
Youth Action Committee (YAC) resource flyer provides phone numbers for community crisis and mental health supports.



No Problem Too Big or Too Small provides information on how to ask for help, when to ask for help and how to get the conversation started.



YouthNet Mental Health Learning Hub is an interactive platform where you can access mental health information.



Reaching Out can support you in asking for help when you need it.



Self-Care 101 provides easy and helpful tips to start integrating self-care into your everyday life.

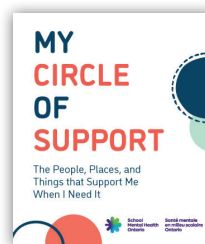


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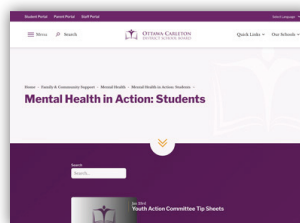
Stickers & Affirmations, created by youth for youth, can provide you with encouragement and positive vibes.



My Circle of Support is a useful help-seeking resource.



Mental Health In Action: Students is your go-to webpage for mental health resources and information in the OCDSB.



How to Respond When You Have Caused Harm/How to Call Attention to a Harmful Situation are resources that help you take practical steps to repair harm you have caused and to identify when a situation may be harmful to others.

