



Just like we know that taking care of our physical health is important to keep our bodies strong and healthy, it is also very important to take care of our mental health. Mental health includes our emotional, psychological and social well-being, which means it affects how we think, feel, and act. It also helps determine how we handle stress in our lives, relate to others, and what choices we make. *(From: Teenmentalhealth.org)*

John Taylor's school guidance counsellors provide counselling and referral support to students and can be reached during school hours by phone (204-888-8930) or through email below:

Mrs. Goetz: Grades 10 & 12 kim.goetz@sjasd.ca

Mrs. Brophy: Grades 9 & 11 christina.brophy@sjasd.ca

Many families and students are able to access community counselling and therapy services by talking to their family doctor or through the support of parent/guardian EAP (Employee Assistance) programs offered through their workplace benefit programs.

A quick phone list for Winnipeg and Manitoba Mental Health Needs that includes Crisis/ Distress lines, NonCrisis Line, Community Mental Health Agencies, Youth Drop-In Centres, Community Health Centres and Peer Support Groups can be found here:

[Resources phone numbers](#)

The Family Navigator Program guides youth 13 - 24 & their families through a network of mental health & addiction supports & services in Manitoba.

To speak to a Family Navigator call: 204.452.0551 or toll free 1.844.452.0551 or use this link:

[Family Navigator Program](#)

Also please check out these great links below for after-school hours, free community mental health resources available to help support students and their families:

Canadian Mental Health Website for Teens: <https://teenmentalhealth.org/>

Free 2 Session virtual counselling for every Manitoba resident age 16 or older: <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html> Offered by phone or video phone: 1-844-218-2955.

Kid's help phone website: <https://kidshelpphone.ca/>

Manitoba Mental Health Contacts and Non-Crisis Regional Contacts: <https://www.gov.mb.ca/health/mh/crisis.html>

The "Resources Around Me" finder page from Kids Help Phone- just put in your home address and select "counselling and mental health support" and over a hundred local supports will come up with contact information.

https://apps.kidshelpphone.ca/resourcesaroundme/welcome.html?_ga=2.200630503.83012354.1605549034-1541320824.1605549034

Wellness Together Canada: mental health and substance use support. Get connected to mental health and substance use support, resources and counselling with a mental health professional 24/7, no fess, for everyone. <https://ca.portal.gs/>

Manitoba Health Resources: <https://sharedhealthmb.ca/covid19/providers/mental-health-resources/>

Domestic Violence Support Line: <https://sharedhealthmb.ca/files/support-line.pdf>

Other excellent resources that support mental health:

Managing Stress During Covid-19 Information form Manitoba Health:

<https://manitoba.ca/covid19/bewell/managestress.html>

Helping Children and Teens Cope with Anxiety about Covid 19 Article recommended by Manitoba Health

<https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19/>

Help for anxiety poster from Manitoba Health:

https://manitoba.ca/asset_library/en/coronavirus/AbilitiCBT_poster_print.pdf

Mental Health During Covid-19- Infographic from Manitoba Health:

<https://sharedhealthmb.ca/files/covid-19-u-of-m-infographic.pdf>

Self-care during Covid 19- pocket card

<https://sharedhealthmb.ca/files/self-care-during-covid-19-pocket-card.pdf>

Manitoba's True North Youth Foundation's Project 11 Resources:

"Happiness It's Science!": Infographic [Happiness It's Science!](#)

Mindful Moments (Short Mediation) Videos 1-8 (bottom right) on this linked page below:

<https://www.projecteleven.ca/resources/#mdf>

“Sources of Strength” Program Wellness Activities:

Practicing at Home

<https://sourcesofstrength.org/wp-content/uploads/Resources-for-practicing-Strength-at-home-copy-1.pdf>

Daily Activities Checklist

<https://sourcesofstrength.org/wp-content/uploads/Daily-Activities-Checklist-Ordered-by-Strength-1.pdf>

Resources for Practicing Strength @ Home

<https://sourcesofstrength.org/wp-content/uploads/Resources-for-practicing-Strength-at-home-copy-1.pdf>

Wellness Plan

<https://sourcesofstrength.org/wp-content/uploads/DENSMOREplan4wellness.pdf>

Gratitude Journal

<https://sourcesofstrength.org/wp-content/uploads/Gratitude-Journal-for-an-At-Home-Daily-Practice.pdf>

Self-Care Checklist (Quarantine Version)

<https://sourcesofstrength.org/wp-content/uploads/Eductor-Self-Care-Checklist-Quarantine-Versio.pdf>

Self-Care Card

https://sourcesofstrength.org/wp-content/uploads/PL_Self-Care_Card.pdf

Emotion Check-In

<https://sourcesofstrength.org/wp-content/uploads/Emotion-Check-In.pdf>

Strengths Check-In

<https://sourcesofstrength.org/wp-content/uploads/Strength Check In Coloring Sheet.pdf>

Poem- Covid- Blessings

<https://sourcesofstrength.org/wp-content/uploads/Blessing.pdf>