

MENTAL HEALTH MEMO: SUPPORTING CHILD & YOUTH MENTAL HEALTH IN UNCERTAIN TIMES

As we come to the end of this challenging school year and with the uncertainty for the school year to come, you may be worried about your child's/youth's mental health. They may be worried or anxious; confused by the disruption to their usual activities, and disappointed to miss things that they were looking forward to.

We all want our children to feel mentally well, grow up happy, and to learn how to navigate life's challenges, but it's not always easy to know what to do. Sometimes, in spite of our best efforts, children and youth will struggle with their emotions, thoughts, or behaviours. All of these things are very natural during this uncertain time.

School Mental Health Ontario (SMHO) has identified the role parents and family can play in supporting child and youth mental health:

- Support social-emotional skill development and overall well-being.
- Know the signs of mental health problems.
- Help your child to access support if you think professional help is needed.
- Be there for your child through the ups and downs of life.
- Take care of your own mental health and model good self-care!



**School
Mental Health
Ontario**

**Santé mentale
en milieu scolaire
Ontario**

You have played an important role in supporting your child/youth with at-home learning. As we look forward to the summer, here are some links to information and activities from SMHO that will help you to support your child's/youth's mental health:

<https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/>

<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca>

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com