PEEL SCHOOLS FOR INTERNATIONAL STUDENTS

STUDENT AND PARENT SUPPORTS FOR STUDENT WELLBEING

OPENING MESSAGE

FROM GREG PEARSON, COORDINATING PRINCIPAL INTERNATIONAL PROGRAMS

As we enter the 2020-21 school year, the Peel Board remains committed to the mental health and well-being for all of our international students..

The program recognizes the additional supports you will require to be successful and this also includes materials that can help ensure our students' physical and mental well-being.

This document includes various resources and links to support students and to direct you to where more resources and assistance can be found.

As always, your home school Administration, Guidance, International Program Department Head along with your teachers are a good place to start and reach out to if you require any help and/or assistance.

peel District School Board

Peel Schools *for* International Students

IF YOU OR A LOVED ONE ARE IN A CRISIS, CALL PEEL CHILDREN'S CENTRE CRISIS RESPONSE TEAM AT 416-410-8615 OR GO TO YOUR NEAREST HOSPITAL.

PDSB STUDENT MENTAL HEALTH AND WELL-BEING RESOURCES

Explore the tips and resources to navigate mental health and wellness during the COVID-19 pandemic. Throughout the year, they will continue to provide well-being resources for students and families, and share pathways of care and access to mental health professionals.

Student Mental Health & Well-Being

CLICK HERE

SELF-CARE 101 FOR STUDENTS

Self-care is an important part of wellness and even more important when we go through difficult and stressful times in our lives. Take time to look after yourself so that when difficult situations happen, you will have the necessary energy, resources and strategies to help you get through it!

Click here for **Self-Care 101** for students by School Mental Health Ontario (SMHO)

CLICK HERE

PEEL SCHOOLS FOR INTERNATIONAL STUDENTS

REACHING OUT

A resource to support student help-seeking by showcasing different ways to start the conversation with a trusted person and what to expect after reaching out. There's no problem #TooBigOrTooSmall to ask for help.
Reaching Out

CLICK HERE

NO PROBLEM TOO BIG OR TOO SMALL: STUDENT HELP-SEEKING RESOURCE

A help-seeking resource for students by students. The aim of this resource is to support help-seeking in young people by providing information on the following: Self-care, taking time to discover and rediscover things that help you feel good and recharge Notice when you need help, reflective questions to help young people recognize that they may need some help through struggles Where to go for help, who to reach out to in your environment when you need help Conversation starters, ideas on how to start the conversation about your mental health Throughout the resource, you will also find positive affirmations and reminders there is help around and no problem is #TooBigOrTooSmall to reach out and ask for help.

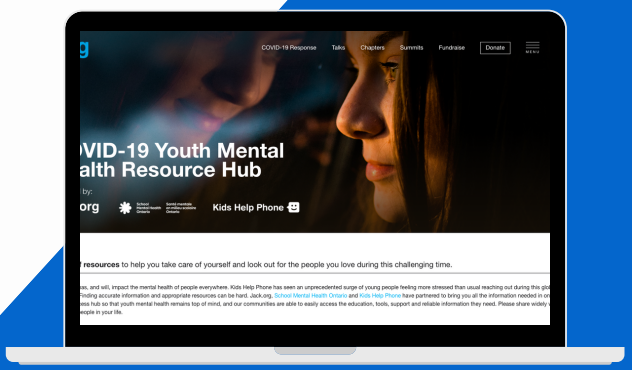
CLICK HERE

COVID-19 YOUTH MENTAL HEALTH RESOURCES HUB

An online hub of resources to help you take care of yourself and look out for the people you love during this challenging time. To check this out click here. Jack.org, School Mental Health Ontario and Kids Help Phone have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need.

To go to this hub **click here**.

CLICK HERE



ANTI-RACISM AND COVID-19 RELATED STIGMA SPECIFIC RESOURCES

THE COVID-19 PANDEMIC HITS SOME OF US HARDER THAN OTHERS

Some of us already struggled with feelings of isolation and hopelessness before these unprecedented times. This is particularly true for many of us who are impacted by systems of oppression and discrimination. While some of your usual strategies for coping may not be as accessible to you at this time (e.g., GSA, cultural connections, land-based activities), there are some things you can try.

Find out more at: jack.org/covid | School Mental Health Ontario | Santé mentale en milieu scolaire Ontario

THERE ARE WAYS TO FIGHT BACK AGAINST FEELINGS OF ISOLATION AND HOPELESSNESS.

Remind yourself that there are some things you can change, and some things you can't. Remember that your identities, your communities and your friends are a source of strength. Don't forget that there is hope. There is always hope.

During times like these, it is important to remind ourselves of the things we can change, and the things we can't.

THINGS I CAN'T CONTROL AND AM NOT RESPONSIBLE FOR

Find out more at: jack.org/covid | School Mental Health Ontario | Santé mentale en milieu scolaire Ontario

PEOPLE WHO ARE IMPACTED BY OPPRESSION GET A LOT OF HARMFUL AND NEGATIVE MESSAGES FROM THE WORLD AROUND US. THIS CAN BE A LOT TO HANDLE, ESPECIALLY ON TOP OF EVERYTHING GOING ON DURING THESE UNPRECEDENTED TIMES.

Supporting yourself during unprecedented times as a person impacted by oppression:

- Filter out harmful messaging. You are allowed to take a break from the news or social media.

Supporting yourself during unprecedented times as a person impacted by oppression:

- Connect with people who share your identities or who you trust to understand what you are experiencing. Connecting with people who 'get it' can help us feel seen, validated and supported during troubling times.
- Indulge in the creative or joyful aspects of your identities, cultures and communities.
- Reach out for support from the people you trust in your life.
- Noticing signs of hope and positive change in the fight for justice.
- Learn from and look to the leaders in my communities who are fighting for justice.

Find out more at: jack.org/covid | School Mental Health Ontario | Santé mentale en milieu scolaire Ontario

ANTI-ASIAN RACISM

COVID-19 has led to increased instances of anti-Asian racism in Canada. We know that this can have a harmful impact on the mental health and well-being of students of Asian-descent.

We can remind ourselves that our identities, our cultures and our communities give us strength. We can remember that there is hope. Hope in ourselves, our communities and our society.

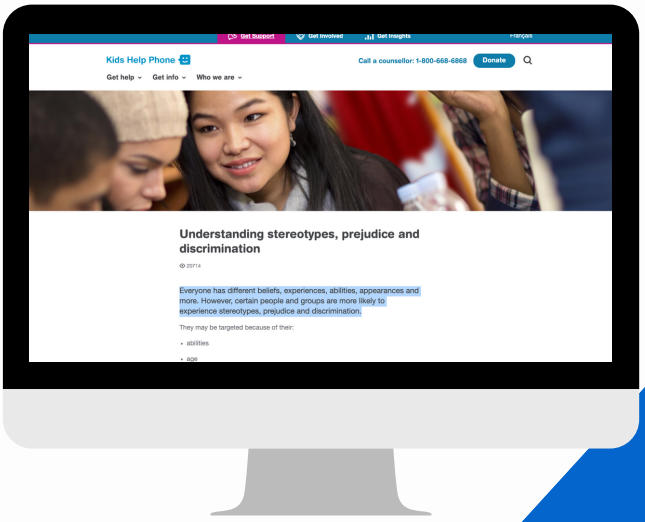
Find out more at: jack.org/covid | School Mental Health Ontario | Santé mentale en milieu scolaire Ontario

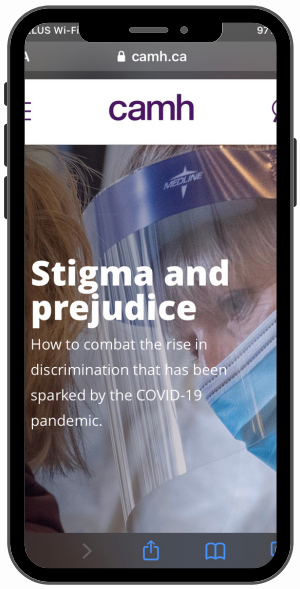
ANTI-RACISM AND COVID-19 RELATED STIGMA SPECIFIC RESOURCES

Everyone has different beliefs, experiences, abilities, appearances and more. However, certain people and groups are more likely to experience stereotypes, prejudice and discrimination.

For more information about understanding stereotypes, prejudice and discrimination, youth can visit this article at Kids Help Phone.

CLICK HERE





STIGMA AND PREJUDICE

The current COVID-19 pandemic has sparked a rise in stigma and prejudice against people who have the virus, people from countries where the virus originated or that are considered hot zones, people who have travelled recently, people who have come in contact with someone who has the virus. To combat this discrimination, it is important to stay informed while treating others with the respect and dignity they deserve.

CLICK HERE

PEEL SCHOOLS