



**CURRICULUM SUPPORT SERVICES - K-12
MENTAL HEALTH AND WELL-BEING**

20 Maple St. • St. Catharines, ON • L2R 0A9 • 905-641-2929 • dsbn.org

June 18, 2019

Dear Parent/Guardian:

What a wonderful year we have had supporting your child! As part of our continued commitment to student mental health and well-being, we have included a list of resources available to you and your family throughout the summer, if needed.

Community Referrals and Counselling	Crisis Lines
Counselling Referrals – Contact Niagara 1-905-684-3407	Pathstone Mental Health – 1-905-263-4944
Pathstone Mental Health – up to age 17 1-905-688-6850 (Walk-in Services Available) www.pathstonementalhealth.ca	COAST – ages 16+ - 1-866-550-5205
Community Mental Health Association – age 16+ 1-905-641-5522 (Walk-in Services Available) www.cmhaniagara.ca	Kids Help Phone – 1-800-668-6868 Text CONNECT to 686868
Niagara Health – Attend your local ER at any site for immediate concerns about your child’s safety	<p>Helpful Websites</p> <p>www.mindyourmind.ca</p> <p>www.teenmentalhealth.org</p> <p>www.anxietycanada.com</p>

If your student was receiving social work services this school year and you feel they will require support next year, please connect with school administration or the guidance team in September to have your child’s file reopened to Social Work Services. Upon receipt of your call, the file can be re-opened, and services received on an as-needed basis. If your student is over the age of 16, they are welcome to connect directly with support services at the school in September. If you have any questions about the school year supports for 2019/2020 school year do not hesitate to reach out to our team.

Wishing your family, a safe and healthy summer.

Sincerely,

Julie Hopkin, MSW, RSW
Social Worker - District School Board of Niagara