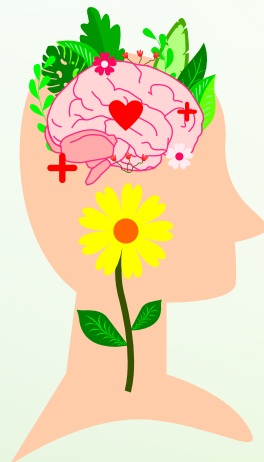




Livingstone Range
SCHOOL DIVISION

Mental health is just as important as physical health. It affects how we think, feel, and act. Taking care of our mental health is essential for overall well-being.

Having a support system is crucial for good mental health. We all have a role to play. Positive mental health in schools is a shared responsibility of parents, educators, and community partners.



**MENTAL HEALTH HELPLINE:
1-877-303-2642**

Toll-free helpline provides confidential and anonymous services, crisis intervention, information about mental health services and referrals to other agencies

You're Not Alone.

Here are support systems to reach out if you need to talk or receive guidance.

Scan the QR Code or type in the website address



Canadian Mental Health Association

CMHA is a nationwide organization that promotes mental health and supports people recovering from mental illness.

<https://cmha.ca/>

Alberta Health Services AMH Education in Schools

Provides school-based resources to help plan and deliver high-quality lessons for grades 3 to 12.

<https://www.albertahealthservices.ca/amh/Page2679.aspx>



Inkblot ASEBP

Employee and Family Assistance Program (EFAP)

EFAP offers confidential help for work, life and health challenges including:

- Mental health management
- Stress reduction and management
- Relationship and family support
- Legal and financial consultation
- Research and advisory

<https://wellness.asebp.ca/your-wellness/mental-wellness/>

MAY SAFETY TOPIC MENTAL HEALTH

Additional information on Inkblot Access

Toll-free number: 1-855-933-0103 (press 1 for English, 2 for French)
Online

Inkblot Platform:
InkblotTherapy.com/ASEBP /
therapieinkblot.com/ASEBP
ASEBP EFAP Information:
wellness.asebp.ca/EFAP

Leadership Supports:
consultation@inkblottherapy.com

Access to care

1. Complete the matchmaking questionnaire to help find the provider suited to your needs.
2. After the questionnaire, you will be directed to a provider selection page where matches will be ranked based on effectiveness and your individual needs.
3. Once you have found your healthcare provider, you can book your initial session. Your first session is always free until you find the right care provider.
4. Enjoy safe sessions in the comfort of your space and start feeling better.

Reducing stigma around mental health



It is important to reduce the stigma associated with mental illness and mental health issues. Stigma (or negative stereotypes) can make experiences and situations even more challenging. For people with mental health difficulties, other peoples' reactions to their appearance, behaviour, and/or their need for services and treatment may result in discrimination, prejudice and even social exclusion.

Alberta Education. Working Together to Support Mental Health in Alberta Schools, p.11.

You can access the downloadable PDF version of ***Working Together to Support Mental Health in Alberta Schools*** to learn more on the importance of mental health to learning.



Watch the animated version of ***Dr. Brené Brown's definition of empathy***



Empathy vs Sympathy

Dr. Brown discusses the 4 key steps to showing empathy, which you can see in practice when playing the Empathy Toy.

1. **Perspective Taking, or putting yourself in someone else's shoes.**
2. **Staying out of judgement and listening.**
3. **Recognizing emotion in another person that you have maybe felt before.**
4. **Communicating that you can recognize emotion.**



Rarely can a response make something better. What makes something better is connection.
~ Dr. Brené Brown

