



Are You In Need of Support?

It is okay to not be okay.
Wellington Catholic is Here for You

Mental Health Support is available all summer long to students of Wellington Catholic District School Board during July and August.

All you have to do is call or email

If you are a parent who has a concern for your child, or a student who wants to talk about your mental health and well-being, related to mental health or well-being, you can call:

Mental Health Support over the Summer

Phone: (519)-821-4600 **Press 9**

Or

Email: mental.health@wellingtoncdsb.ca

A Mental Health Professional from the Board's Student Support Services Team will call you back within one business day

The Mental Health Professional can provide:

- Consultation about your concerns and recommendations about what might be helpful
- A screening assessment of your or your child's needs and recommendations for services
- Help accessing and/or advocating with community or health services
- Follow-up check in(s) to ensure you are able to access the support you need



Mental Health Support over the Summer is **NOT** a crisis service. If you are concerned about yourself (Student) or your child's safety (risk of suicide, self-harm, other risk), crisis services are available through **Here 24/7 at 1-844-437-3247** or, if an emergency, call 911.