

Promoting Mental Health during a Pandemic

11/6/2020

Anne-Marie Duguay MSW, RSW
School Social Worker

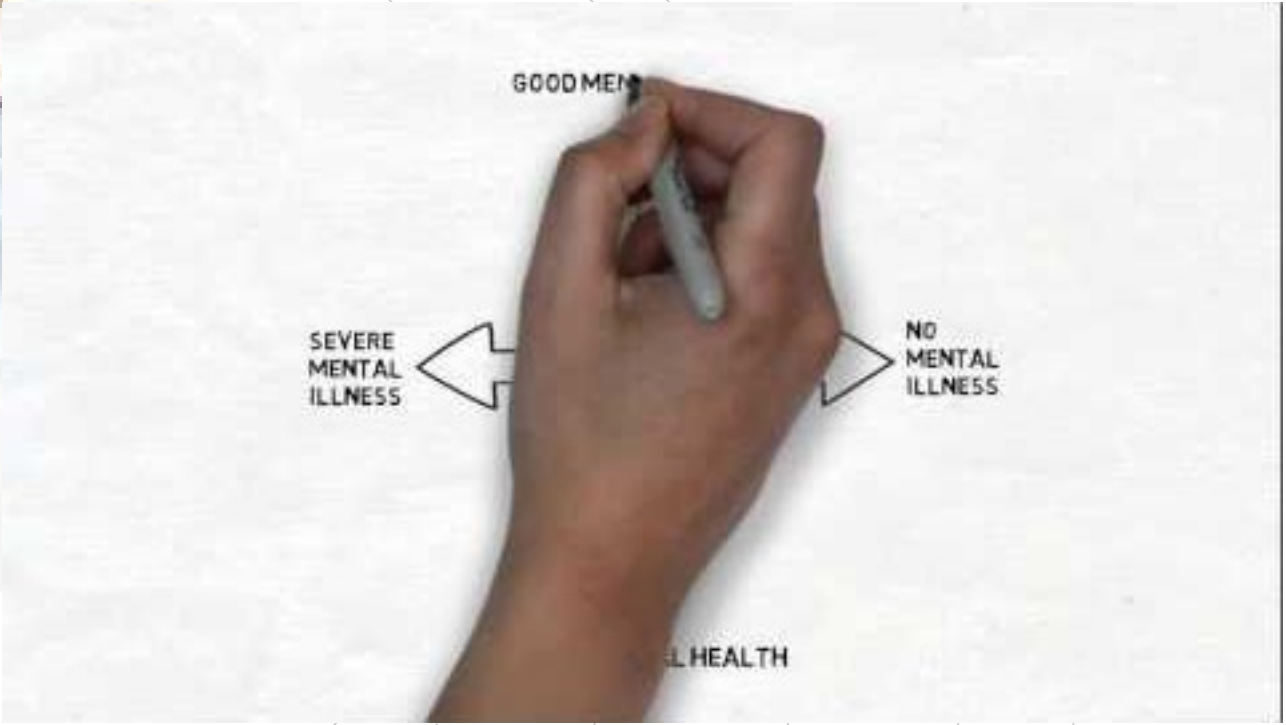
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Children do well if they can



Achieving Believing Belonging

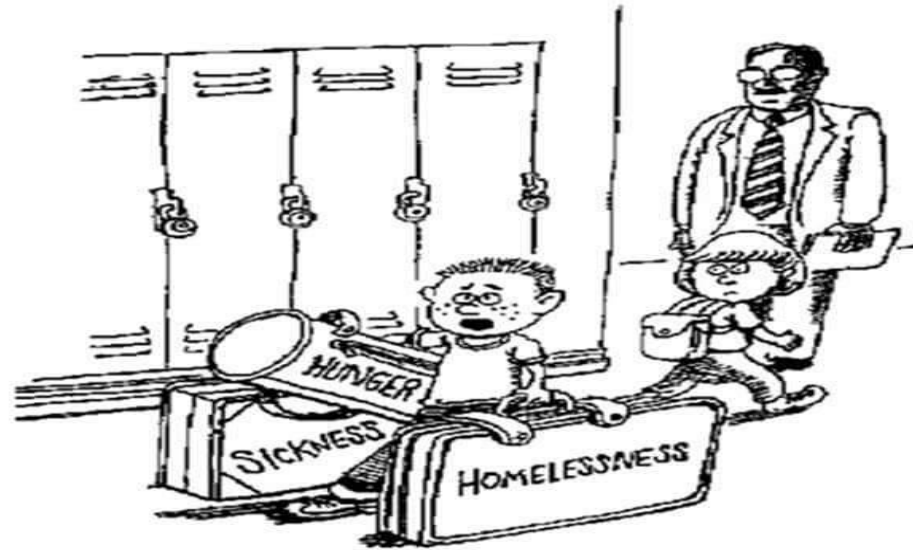
Mental Health Vs Mental Illness



TCB
SB

This kiddo now needs a mask

“Could someone help me with these?
I’m late for math class.”



ifunny.co

Achieving Believing Belonging



“This, too, shall pass” 2 Corinthians 4:17-18

HOPE WILL
NOT BE
CANCELLED.



What is your sphere of influence?

- 1) Sleep – is your teen getting enough sleep?
- 2) Nutrition - is your family eating well?
- 3) Are you creating opportunities for connection?
- 4) Does your child have easily accessible and positive outlets?
- 5) Is your child empowered to ask for help?
- 6) Does your child feel a sense of connection?



Apply your own oxygen mask first!



What are you modelling to your kids?



- How well are you focusing on your own mental health?
- How open are the dialogues in your household?
- How do your kids think you are doing?
- How well are your daily activities promoting wellness for household members?



When Professional Help is Required

- 1) Check your workplace benefits and/or Employee Assistance Program
- 2) Consult your family doctor for a full check up
- 3) Request Mental Health Supports in Halton through the Access & System Navigation (ASN) <https://rockonline.ca/how-to-access-services/>
- 4) ROCK Crisis Line – 905-878-9785.



Questions/Comments

