

## St. Michael's Counsellor's Corner

Ms. Kelly: [lisakelly@wqsb.qc.ca](mailto:lisakelly@wqsb.qc.ca)



## May is Mental Health Awareness Month



Mental health awareness is an important issue for all educators, who are often the first line of defense for their students. Education professionals have recognized the impact that a student's mental health has on learning and achievement, and they realize that there's a great deal that can be done to help students with mental health issues. As a high school counsellor with more than 20 years of experience, I welcome the fact that mental health awareness is finally becoming an important part of a school's function and curriculum.

### Check Out the Following Resources!!

**Free phone or video counselling sessions for  
children, teens or adults**

<https://www.counsellingconnect.org/>

**Canadian Mental Health Association**

<https://ottawa.cmha.ca/news/try-simple-but-helpful-methods-to-manage-mental-health-during-this-stay-at-home-period/>





## ONLINE HELP

### **NeedHelpNow.ca**

This resource helps teens and their families stop the spreading of sexual pictures or videos and offers support to the teen along the way.

### **Cybertip.ca**

Canada's tip line for reporting online sexual abuse of children and youth.

### **educaloi.qc.ca**

Educaloï is a legal information website with easy to understand language. You will find information on your rights, responsibilities, everyday questions, crimes, tickets, health, work, etc.

## Mental Health Tips & Activities

### **Four Steps to Feeling – Having an Emotional Life is to be Alive**

<https://centreconnexions.org/wp-content/uploads/2020/05/Appendix-6-Pamphlet-FEEL-THE-MOMENT.pdf>

### **Four Step Checklist to Feeling Valid Anytime!**

<https://centreconnexions.org/wp-content/uploads/2020/05/Appendix-4-4-steps-checklist-to-FEEL-THE-MOMENT.pdf>

## REMINDERS:

### **3. Learn to manage my stress**

- Let humor into my life
- Establish a realistic budget
- Be physically active
- Plan times when I do nothing
- Walk and breath fresh air
- Learn a relaxation technique
- Make peace with my past
- Learn to speak calmly
- Tell the truth

### **12. Cultivate healthy self-esteem**

- Discover my worth as a human being
- Recognize and accept my qualities
- Communicate my needs and emotions
- Promote my talents, skills and abilities
- Take advantage of what is beautiful and pleasant
- Respect and demand respect from those around me
- Recognize that I am a good person
- Congratulate myself for obstacles surmounted
- Be proud of my personal growth and development
- Excuse my errors and accept my imperfections

### **11. Be good to myself**

- Be responsible for my happiness
- Involve myself in things that improve my life
- Do my best, learn and change
- Learn to love and care for myself
- Think positively and creatively
- Admit my weaknesses and be less critical of myself
- Respect and value myself
- Seek help when in difficulty
- Be honest and face up to my problems
- Nourish the person I am

**If you have any questions or would like to talk, contact Ms. Kelly.**

[liskelly@wqsb.qc.ca](mailto:liskelly@wqsb.qc.ca) / 819-422-3584