

Dear Parent(s)/Guardian(s),

Your student's mental health is as important as their physical health. The same goes for you, the parents and guardians. Everyone struggles at different points in their lives and for different reasons. Students need to know they're not alone in dealing with these issues.

I have a few resources for you and your family to explore.

- 1) The attached poster is promoting a free, 1-day workshop for parents/guardians and it's called, "Navigating Teen Mental Health." It covers a wide variety of topics, all of which are listed on the poster. If you'd like to know more about what SP-RC offers, click the link: www.sp-rc.ca
- 2) The attached Update from Student Services tells you about a) several apps for phones/tablets related to mental health information and support and b) several sites useful in starting a career search because goal-setting is an important part of mental health. To see more updates from Student Services, visit www.sjstudentservices.weebly.com
- 3) The third is a set of links listed below.
 - a) www.teenmentalhealth.org has multiple resources. The one I enjoyed the most is the book (or e-book or app) they offer called "Transitions". I found it particularly useful for grade 12s looking to move to college or the workplace in the next year, but it also has great information about mental health and strategies for staying healthy.
 - b) <http://youth.anxietybc.com/> has valuable information and effective strategies for people struggling with anxiety and/or stress. It is from the same group that provides the "mindshift" app mentioned in the second attachment.
 - c) www.mindcheck.ca is a good general resource that discusses not only stress but substance use and eating disorders.
 - d) www.camh.ca is the site for the Centre for Addiction and Mental Health and contains a wide variety of information for all age groups.
 - e) www.gpyouth.ca is a wonderful local site created by Peace Wapiti School District to address all kinds of needs, including mental health, bullying, and substance use.
- 4) If anyone you know is ever in need of immediate help, follow this link to see a variety of hotlines to call: <http://www.cityofgp.com/index.aspx?page=1443>

You, or your student, can make an appointment with me in Student Services at any time to talk or to learn about community resources. There is still very much a stigma surrounding mental health, but the reality is that many people are affected either directly or indirectly every year, so we need to talk about it and know the resources available.

Thank you,

Ms. Pamela Martin
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Be the change you want to see in the world – Mahatma Gandhi