



Lambton Kent
District School Board

SUMMER
SUPPORTS –
WELL-BEING





Immediate Support?

If you are in a medical crisis or have an emergency, please seek immediate support by calling 911 or contacting your Physician.

Require Support?

First - reach out to your LKDSB Mental Health Professional:

✓ Social Workers

[Click Here ▶](#)

For More Information



- ? Are you a LKDSB student?**
- ? Are you the parents/ guardian of a LKDSB student?**
- ? Need Support from a LKDSB Mental Health Professional?**
- ? Interested in learning more about the student supports we offer at LKDSB?**

Please send an email to mentalwellness@lkdsb.net that includes your name and school location.

You will receive an invitation to attend one of our upcoming Office Hour Sessions to speak with one of our Mental Health Professionals.

**Office Hours are held daily - Monday to Thursday.
Email account is monitored 9 am to 12 pm daily.**



Require Support?

If you are not currently connected to a LKDSB Mental Health Professional, contact one of our Mental Health Lead Community Partners:



**Chatham-Kent
[Resource List](#) -
click here**

**Sarnia-Lambton
[Resource List](#) -
click here**



In addition to supports from LKDSB, students and families may access help through a community mental health organization, and Kids Help Phone is available 24/7.



[LKDSB RESOURCES](#)

NEW RESOURCES HELP PARENTS

We recognize that challenges from the COVID-19 pandemic may result in increased levels of distress for families too. Here are two new resources to help support parents/guardians during this time.

[With Care: How Do You Know If You Should Be Concerned About Your Child/Teen's Mental Health and Well-Being Tip Sheet for Parents & Caregivers](#) Explores how parents and caregivers can identify if their child might be experiencing a mental health problem, what to look for and how to access help.

[Prepare, Prevent Respond: Quick Reference for Your Suicide Prevention](#) - In conjunction with the Prepare, Prevent Respond Suicide Prevention Guide, we have developed a Quick Reference Guide for parents and caregivers to have easier access to understand "*what to watch for*" "*what to do*" "*what to say*" and "*how to access help*" if needed.

You can also find some excellent resources for parents on the **[CMHO Family Care Centre](#)**