



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 Friday.
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 TO 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**