



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](mailto:mentalwellness@lkdsb.net) that includes your  
name and school location.**



# 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**