

Support for Students

The RCDSB recognizes mental health and well-being as essential to student achievement.

That's why we developed the “Lead with CARE: A Tiered Pathway for Mental Health Response” to help staff as they work with students and community partners to address mental health concerns. We are in this together.

Tier 1

This involves the role of the caring adult in the life of a student and the integration of daily mental health promotion in the classroom and school community. Student academic success is enhanced when students learn about how to take care of their bodies and minds through healthy coping and lifestyle choices. Learn more about [Supporting Minds](#), [Kids Have Stress Too program](#), and other resources for mental health promotion.

Tier 2

We raise awareness and connect students with school resources for more targeted support. We encourage students to talk to the School Support Counsellor, Principal or Vice Principal if they are experiencing feelings of isolation, loneliness and anxiety.

Tier 3

We share and connect students with mental health services outside the school. If teachers are concerned about mental health in their class, we urge them to talk to the School Support Counsellor, and/or Principal/Vice Principal. A variety of crisis helplines are offered to students so that they have a safe, anonymous and confidential space to gain support and learn about mental health resources in their community. The following recommended crisis helplines are staffed with trained professionals that are available 24/7, 365 days a year to support children and youth.

KIDS HELP PHONE

A resource for elementary and secondary school age students. Click [here](#) for the Kids Help Phone Website.

GOOD 2 TALK

A resource for students transitioning to post-secondary. Focused on supporting students between the ages of 17 - 25. Click [here](#) to check out the Good 2 Talk website.

Additional resources links:

[MindYourMind.ca](#) - an award-winning website that provides resources and tools to support youth and emerging adults with mental health concerns.

[Parents For Children's Mental Health](#) (PCMH) - a provincial, non-profit, parent-led organization providing support, education, and empowerment by linking networks of families, communities, agencies, and government. PCMH believes in the promotion of family-centered principles of care.