

# Mental Health and Wellness Support for Online Learners

There is no right or wrong way to react to the changes that are occurring in our everyday life as a result of the pandemic. It is important to remember that acting or feeling different than usual is normal and expected during an abnormal event.

Here you will find resources to promote wellness and information on how students can reach out to access mental health services.

## Reach out to our Mental Health Support Team!

The RCDSB has supports and services for student mental health both in the classroom and remotely.

Please reach out to us at [studentmentalhealthsupports@rcdsb.on.ca](mailto:studentmentalhealthsupports@rcdsb.on.ca) and we will connect you with your School Support Counsellor.

## What to do if I require immediate mental health support?

Help lines are available 24 hours a day, 7 days a week, and you can speak confidentially with a professional for support and/or to learn about services in your area: [Kids Help Phone](#) call 1-800-668-6868 or Text CONNECT to 686868.

## Visit our Web page for Additional Resources

We can all benefit from increasing our self-care strategies to support wellbeing. Students and parents/guardians can find a number of mental health resources on the RCDSB Student web page, [click here](#) to check them out!

**We are all in this together!**