NSEE Resources for Students and Families

Personal Message from Guidance:

Hi students! Mrs. Pitre here wanting to drop a line and let you all know that I (and all the staff) are thinking of you and miss seeing you.

Because I cannot currently meet with you in the same capacity as I may typically have, I wanted to share some resources that you might find helpful while school learning is happening at home. Many of these are support options that others have utilized and I hope that you and your families are able to access some various supports as we navigate through this together. Here are a few pointers that I love and wanted to share as well!

1) Focus on what you can control and try not to stress over the things you cannot. We can choose a positive attitude, to see what we can learn through this and take any opportunity to spread kindness. Also, if you can, be informed, but work towards limiting how much media you absorb because that can be a lot to take in!

2) Stick to routines! Try to choose a morning or night routine that includes at least 3 things which support your physical and mental health. For example: 30 minutes of exercise, scheduled quiet time, making your breakfast, getting outside, doing something creative or reaching out to someone that makes you laugh ☺

3) Remember, the thing all your educators care about most is your overall well-being, so please never hesitate to reach out and contact a teacher, Mrs. Mutch, Ms. Downey or myself via email if you feel like you need to. So, take it one day at a time and maybe, if you feel overwhelmed with information, attempt to check out just one of these links below and see how that goes. We’re thinking of you lots!

Sections Below:

1) Local Supports for Family & Youth

2) Mental Health Online Supports

3) Free Online Learning Resources- all ages

4) Helpful Online Articles/Videos/Apps

Local Supports for Family and Youth

1. **Parents can call 626-3257 to reach District Guidance support.  If needed or wanted you can get connected with Mrs. Pitre through this service.**
2. **Parents can call Miramichi Mental Health Services 778-6111 for information regarding Mental Health or to inquire about or self-refer to the Miramichi Child & Youth Team for counselling services.**

Mental Health Online Supports

1. Kids Help Phone: <https://kidshelpphone.ca/> 1-800-668-6868

Kids Help Phone is Canada’s only 24-hour counselling service for children and youth. Provides counselling directly to children and youth directly between the ages of 4 and 19 years and helps adults aged 20 and over to find the counselling services they need.

1. Anxiety Canada: <https://www.anxietycanada.com/>

Provides expert tools and resources to help Canadian’s manage anxiety. Here, you’ll find a resource of simple, step-by-step instructions on how to deal with symptoms related to specific anxiety disorders as well general strategies —such as how to get a good night’s sleep or how to deal with uncertainty in your daily life.

1. Hey Sigmund: <https://www.heysigmund.com/>

 “Where the Science of Psychology Meets the Art of Being Human. This website contains the latest research and news in psychology. It attempts to bring psychology into the mainstream, unfolding the brilliance that happens within the scientific realm. We will explain what it all means and why it matters.”

HELPFUL ARTICLES/ VIDEOS

Talking to Kids about Covid 19 (Anxiety Canada)

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

Coping with Covid 19 -Town Hall (Anxiety Cananda) <https://www.anxietycanada.com/articles/coping-with-covid-19-town-hall/>

What other trustworthy resources are available? kidshelpphone

[https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19- novel-coronavirus/](https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-%20novel-coronavirus/)

Article: Managing Anxiety & Stress in Families with Children and Youth During the COVID-19 Outbreak

[http://www.sharedcarebc.ca/sites/default/files/CYMHSU%20CoP%20-%20Managing%20Anxiety%20and%20Stress%20in%20Families%20with%20Children%20and%20Youth\_COVID-19%20(ID%20322929).pdf](http://www.sharedcarebc.ca/sites/default/files/CYMHSU%20CoP%20-%20Managing%20Anxiety%20and%20Stress%20in%20Families%20with%20Children%20and%20Youth_COVID-19%20%28ID%20322929%29.pdf)

Take care everyone and we hope to see you all soon!! :)