



Turtle River School Division - Administrative Procedure

Section D – Student Services Mental Health

Turtle River School Division is committed to making mental health and well-being a priority for all students and staff. The range of mental health issues, such as anxiety, depression, substance abuse, and bullying, are significant challenges for all people, especially for our young people. The principal, with the support of the resource teacher, will help students and families to access the appropriate resources. In order to further enhance the school division's efforts in supporting mental wellness, the following supports may be put into place:

In-school – Counselling and guidance from the classroom teacher, resource teacher, and principal are available.

Student services coordinator – The student services coordinator helps to provide access to the appropriate services for students.

Division social worker – The division social worker can provide therapy in the form of relaxation techniques and coaching.

Local health authority – The local health authority has a mental health worker that can help coordinate for a referral.

Addictions Foundation Manitoba – The school division has access to counselling for addictions through AFM.

Educational psychologist – The educational psychologist is hired by the division to help support students with their learning and behaviour.

Mental Health Services – Mental health services can support a student's well-being and need.

The division can help students access mental health care services through:

Mental Health Information

<https://www.edu.gov.mb.ca/k12/specedu/smh/index.html>

Prairie Mountain Health

<https://www.prairiemountainhealth.ca/mental-health>

<https://sharedhealthmb.ca/covid19/providers/mental-health-resources/>

Additional Resources

<https://mbwpg.cmha.ca/mental-health/finding-help/>

<https://www.gov.mb.ca/mh/mh/crisis.html>

<https://klinik.mb.ca/crisis-support/>

<https://mherc.mb.ca/>

<https://reasontolive.ca/>

Board Informed:	Last Reviewed:	Last Revision:



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Mental Health

The following is a list of mental health care services to call when in crisis:

- **Crisis - North District (former Parkland)** - Adult and Youth Crisis Line, (24/7): 1-866-332-3030
- **Kids Help Phone Teen Line:** 1-800-668-6868 or text **CONNECT** to 686868 <https://kidshelpphone.ca>
- **Klinic Crisis Line:** 204-786-8686 or 1-888-322-3019, TTY 204-784-4097 - adults in crisis can receive free, confidential counselling 24/7 including support and referrals
- **Manitoba Suicide Prevention & Support Line:** 1-833-456-4566
- **Manitoba Association of Women's Shelters** - confidential provincial toll-free crisis line: 1-877-977-0007
- **Mental Health Crisis Response Centre** - 24/7 walk-in centre: 817 Bannatyne Ave. Winnipeg
- **Sexual Assault Crisis Line:** 1-888-292-7565
- **The Link (formerly Macdonald Youth Services)** - Youth Mobile Crisis Team & 24-hour Provincial Crisis Line: 1-888-383-2776
- **24/7 Mobile Crisis** service, which can respond to people experiencing a mental health crisis: 204-940-1781

Mental Health Education – A comprehensive mental health program should include topics like stress management, emotional regulation, and understanding mental health disorders. This would help to reduce the stigma, increase awareness, and equip students with coping strategies

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