

NEED MENTAL HEALTH AND ADDICTIONS SUPPORT?



DO YOU...

- Feel alone even with friends/family?
- Feel a deep sadness, worthlessness and/or anxiety that affects your day-to-day life?
- Have suicidal thoughts?
- Drink and/or do drugs?
- Gamble?
- Harm yourself?
- Have problems at home?
- Have a hard time paying attention?

WE'RE HERE TO HELP

Mental Health and Addictions Nurses are available throughout the week to support you.

WHAT WE DO:

Our specialized nurses work in the community and in schools to assist students with various mental health and addictions challenges.

- Assess and monitor mental health and addictions concerns
- Connect students with services within the community
- Collaborate with schools, families and care partners, to support a student's care plan, goals and treatments
- Medication adjustment, management and education
- Support transitions back to school from hospitals or other care settings

TALK TO US:

Speak with your principal, vice-principal, guidance counselor, or school social worker about Mental Health and Addictions Nurses services or call Home and Community Care Support Services Waterloo Wellington at **888-883-3313**.

NEED URGENT HELP? Call Kids Help Phone 24/7 at 1-800-668-6868 or text CONNECT to 686868

YOU'RE NOT ALONE

- Approximately 1 in 5 children and youth in Ontario (about 400,000 individuals) have a mental health challenge
- Early identification and intervention is critical and can lead to improved achievement in school and better health outcomes in life

EASY | SAFE | SECURE | CONFIDENTIAL