

December 2021



Health, Social,
and Community
Programs &
Services **Call 211**

**Children's Mental
Health Agencies
(free services):**

Children's Mental
Health Leeds Grenville
1-800-809-2494.

Open Doors Lanark
1-877-232-8260

Cornwall Community
Hospital SD&G
1-844-361-6363

Valoris
Prescott-Russell
1-800-675-6168

**For adult services
mental health,
addiction, problem
gambling visit:**

ConnexOntario

1.866.531.2600

www.ConnexOntario.ca

 **LGBT Youth Line**

1-800-268-9688

Text 647-694 4275

**Hope for Wellness Help
Line** counselling and
crisis intervention to
all **Indigenous peoples**
across Canada.

1-855-242-3310

Or visit hopeforwellness.ca/ for online
chat



With winter on its way and holidays fast approaching, it's a great time of year to think about and practice the ways we manage our stress. Let's not be too quick to put stress on the naughty list as it can be helpful to us. Did you know that stress is a part of everyday life and can be managed? It

keeps us safe, helps us perform under pressure or concentrate better. It's like the strings of a musical instrument, not enough and it's out of tune, too much and the strings snap. The trick is to keep stress under control and balanced. [What is Stress? - YouTube](#)

We have a lot of control over stress. Deep breathing is a great way to help you in any situation.

Why breathing? <https://jack.org/getattachment/13d5efc7-e077-4d6c-95b8-294390f130fb/Jack-org-Young-Leaders-2.aspx>

Building your skills [Breathing Strategies - Virtual Field Trip for Junior Students - YouTube](#)

[Breathing Strategies - Virtual Field Trip for High School - YouTube](#)

Helpful tips for families

[Mental Health Help: Ready for the Holidays - Children's Mental Health Ontario \(cmho.org\)](#)

Ways to keep stress under control and in balance....

Sleep is the time your body and mind re-charge

Music—listening to or playing music is a good stress reliever. Time to get your karaoke on!!

Laugh—laughter increases your blood pressure and heart rate cooling down your stress response and produces a good relaxed feeling

Deep Breathing—check out the links above for breathing strategies that can be used anytime, anywhere!

Ask for help—just by asking for help you'll be able to tune your stress response down a notch

Stay Active—Just like sleep, exercise chills out your stress response and turns on endorphins, the body's natural feel good hormone. Exercise is anything that gets your body moving and you don't have to hang out at the gym. The following are some suggestions:

- * go for a walk, bike ride, hike, skating, yoga, pilates, tobogganing, build a snowman, shovel the walk-way, offer to help a neighbor shovel or put up Christmas décor

Strong Minds. Strong Kids. Psychology Canada & Anxiety Canada

Support for parents of kids
struggling with mental health:
[Parents Lifeline of Eastern Ontario](#)
1-613-321-3211 or
1-855-775-7005



For help accessing mental health
services in Eastern
Ontario ages 0-21.
Online or call 613-260-
2360 or 1-877-377-7775



Kids Help Phone



Call 1-800-668-6868 for support or
Children and youth text TALK 686868
Adults text WELLNESS 741741