



## MENTAL HEALTH UPDATE

May 2022

### Empathy is a Skill. This May, Let's #Get Real about Mental Health

The Canadian Mental Health Association's [Mental Health Week](#) is May 2nd to 8th, 2022. [This mental health week is all about empathy.](#) Developing empathy for others and for ourselves is vital to building meaningful relationships and optimizing mental health and wellness. The Wellness Department encourages the development of [empathy skills](#) within our schools through the sharing of useful information on how to cultivate empathy by providing activities for children and youth. When we learn to put ourselves in another's shoes, we develop new and more compassionate perspectives.

As we #GetReal about mental health, [jack.org](#) has some things to remember that we want to share...



[Kids Help Phone](#)  
1-800-668-6868  
Text 686868

[LGBT Youth Line](#)  
1-800-268-9688  
Text 647-694-4275

[Open Doors for Lanark Children and Youth](#)  
1-877-232-8260

[Children's Mental Health of Leeds and Grenville](#)  
1-800-809-2494

[Cornwall Community Hospital SD&G](#)  
1-844-361-6363

[Child Youth and Family Crisis Line of Eastern Ontario](#)  
1-877-377-7775

[Valoris Prescott-Russell](#)  
1-800-675-6168

[Hope for Wellness Helpline](#)  
1-855-242-3310

[Ontario 211 Community and Social Services Helpline](#)  
Call 211  
1-877-330-3213  
TTY:844-483-9835

May 17, The International Day Against Homophobia, Biphobia and Transphobia, is an opportunity to practice empathy and understanding for others. At UCDSB, we strive to better understand each other and our differences and foster a sense of belonging.

If you are looking to learn more, [The Canadian Center for Gender & Sexual Diversity](#)'s mission is to empower gender and sexually diverse communities through education, research and advocacy. Displaying these posters in your classroom, office or workspace is a great way to show your space is a safe, mentally healthy space for everyone.



Reading has many great benefits. It allows the reader to see different perspectives, connect and engage with certain subjects or emotions that can be difficult, and promotes mindfulness. Below are some books on empathy that are worth looking for in your favourite library or book store.

