

Supporting Students' Mental Health

Positive mental health* enables good learning, yet **one in five** students experience a mental illness or concern each year. Learn how you can support at-risk students.



Go to oct-ooee.ca/StudentMentalHealth to see the complete College advisory, watch our video and hear the audio version.

1 Create a Safe Space

- Use language that avoids stigmatizing mental illnesses.
- Notice who students socialize with.
- Watch how your students are functioning in school.



2 Notice the Signs

Look For:

- constant worrying, frequent, angry outbursts or mood swings
- significant drops in school marks
- a lack of energy or motivation.



3 Listen & Consult

- Validate students' feelings and hear their concerns.
- Always document and keep good records.
- Consult your principal or vice-principal frequently.

REMEMBER: Seek help

Do not try to diagnose ailments or propose treatment.



4 Know Who to Inform

If a student is at risk of harm, act immediately according to your employer's protocols. As appropriate, involve:

- parents/guardians
- school board psychologists, social workers & school support team
- elders, knowledge keepers or members of a faith community.



5 Consult these Agencies

If you are unsure whether an action is appropriate, report to your supervisor. For additional information contact these agencies:

- Aboriginal Health Access Centres
- Centre for Addiction and Mental Health
- Children's Mental Health Ontario
- EdCan Network
- School Mental Health ASSIST
- Sick Kids' Hospital, Centre for Brain and Mental Health
- Mental Health Commission of Canada
- Children's Hospital of Eastern Ontario
- Canadian Mental Health Association
- Ontario Mental Health Association
- Ontario Ministry of Education
- Teenmentalhealth.org



The Realities



2030

The year the World Health Organization says mental health disorders will be the world's leading cause of disability.

Suicide

The 2nd leading cause of death among teens.

70%

of mental health problems begin in childhood or adolescence.

1.2 million

children and youth are affected by mental illness.



..... Less than 20% receive appropriate treatment.



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**The capacity of each and all of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face, as defined by The Public Health Agency of Canada.*

Source: Ontario College of Teachers, 2018 Professional Advisory: Supporting Students' Mental Health