

10:30-11:45am

OCDSB Support Services Mental Health Team

Introduction to Mental Health presentations offered by Learning Support Services-Mental Health Team. These presentations are designed to promote mental wellness, improve mental health literacy and clarify pathways to care. Topics include Wellness Matters (difference between Mental Health & Mental Illness, stress & coping tools, stigma & knowing when to seek help, and resources & resilience). Stress Lessons overview and other resources available through SMHO.