

Family Newsletter:

Mental Health and Well-being for Learning



November 2025

Mental Health
Literacy



Digital well-being

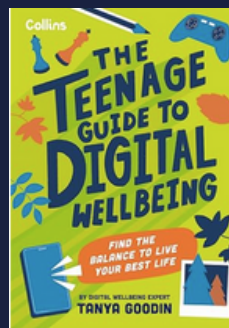
- Digital well-being is about helping kids use technology safely, responsibly, and in balance with the rest of their lives. It is about guiding healthy habits that support mental, emotional, and physical health.
- The Prairie Spirit [website](#) provides a link to [Media Smarts](#) a Canadian, trusted, non-profit organization that provides free, research-based resources to help families navigate the online world with confidence. Here are a few highlights:
 - [Parent Guides & Tip Sheets](#) - Clear, age-appropriate advice on topics like screen time, online safety, privacy, gaming, and more.
 - [Digital Literacy Activities](#) - Fun, engaging ways to help kids think critically about the content they see online — from ads to influencers to news.
- A recent [CBC Kids News](#) article explains how social media platforms like Instagram and TikTok are introducing new safety features. This includes private profiles, content filters, and parent supervision.

Recommended resources



Delaney Ruston's book, *Parenting in the Screen Age: A Guide for Calm Conversations*, provides research-based guidance to help families navigate technology use with confidence and balance.

The book provides actionable strategies for fostering healthy digital habits, encouraging connections, and promoting well-being in children growing up surrounded by screens.



The Teenage Guide to Digital Well-being by Tanya Goodin helps teens understand how their online lives impact their mental health, relationships, and self-image.

The book offers clear, empowering advice to help young people build healthier, more mindful relationships with technology.



Kailan Carr's book - *Screens Away, Time to Play* encourages families to set aside devices and rediscover the joy of play and connection.

Through simple ideas and fun activities, the book helps parents create screen-free moments that strengthen bonds and spark creativity in children.

Mental Health Supports

Rapid Access Counselling (RAC)

Family Service Saskatchewan's Rapid Access Counselling Program is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan. Virtual counselling is available to support families.

For more information and to book an appointment: www.counsellingconnectsk.ca



Kids Help Phone (KHP)

Kids Help Phone (KHP) is always here for young people in Saskatchewan and across Canada – any day, any time, day or night. KHP's e-mental health services are free, multilingual and confidential. If you know a young person who is struggling with a problem, big or small, you can encourage them to contact KHP for support - by calling, texting or going online (see details in graphic below).

KHP offers support without obstacles, help with any hardship and support in any moment of need. The following links provide more KHP information:

- KHP helps kids understand mental health.
- In 2023, over 50 Canadian musicians created a song in support of KHP's Feel Out Loud mental health movement.

KHP KIDS HELP PHONE **Feel Out Loud**

Join the movement at KidsHelpPhone.ca

Call. 1 800 668 6868	Text. 686868	Online Message. KidsHelpPhone.ca
--------------------------------	------------------------	--