

Family Newsletter:

Mental Health and Well-being for Learning

The Essential 8

Mental Health and Well-being for Learning: The Essential 8 (right) highlights the eight areas identified by Prairie Spirit as being foundational for mental health and well-being for learning.

These eight priority areas are the focus for Prairie Spirit staff in supporting students in safe, caring and healthy schools.

We're sharing this information with families so we can work together to support the mental health and well-being of all students.

This newsletter will focus on two of the Essential 8 areas for families to consider:

- **Mental Health Literacy**
- **Social Emotional Learning**



Mental Health Literacy

Self-awareness is an essential pathway to mental health and well-being. Strategies that connect awareness of our thoughts, feelings and emotions to our behaviour, growth and development are not always explicitly taught.

Regularly reflecting on the following questions is a great way to begin practicing and modeling self-awareness:

- What am I feeling in my body right now?
- What thoughts are running through my mind? What am I saying to myself?
- What emotions are around?
- What am I wanting to do or what am I doing because of how I think and feel?

The following websites are great resources to continue developing self-awareness and mental health literacy:

- [Youth Smart - Mental Health Resource Guide for Parents and Caregivers](#)
- [Sask Prevention Institute - Early Childhood Mental Health](#)
- [Kelty Mental Health Resource Centre - Social and Emotional Development](#)



Social Emotional Learning

Stress is an everyday occurrence that impacts all stages of growth and development. It is our body's response when we feel afraid, unsure, overstimulated, threatened or excited.

Developing awareness and coping skills to manage our stress response fosters social and emotional intelligence.

The following websites provide strategies to support children and teens with understanding and managing stress:

- [Kelty Mental Health Resource Centre - Tips for Teaching Children About Stress](#)
- [Kelty Mental Health - Kids Have Stress Too!](#)
- [Psychology Foundation of Canada - StressLess](#)
- [10 Things You Can Do at Home to Improve Social Emotional Learning \(SEL\)](#)

Mental Health Supports

- **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 across Saskatchewan.
- **[Kids Help Phone](#)** mental health services are available 24/7 to support young people in Saskatchewan and across Canada.
- **[The Hope for Wellness Helpline](#)** is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.
- **[988 Suicide Crisis Helpline](#)** is a safe space to talk, 24 hours a day, every day of the year.

Rapid Access Counselling

Child and Youth Rapid Access Counselling (RAC) in Warman is intended for children ages 6-17, as well as their caregivers. This is a provincially funded program that is **free for families** to use throughout the province. While RAC is not considered crisis counselling, the program is a way for families to access counselling quickly with limited barriers and without being added to a waitlist. **Virtual counselling is available to support families outside the Warman area.**



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