

MENTAL HEALTH MATTERS CAMPAIGN

Through the Lakeland Catholic Mental Health Matters Campaign, we strive to engage our students in discussions surrounding their mental health, where they can access support and resources, and how they can help someone who is struggling.

Through the funding provided by Imperial Cold Lake, we are working with our schools to create support groups for our students where they will access information, meet with their peers, and brainstorm ways we can build off of the supports we already have in place in our schools. You can find out more and access resources by visiting lrcssd.ca/mental-health-matters-campaign.

FEBRUARY

Focus: Bullying Awareness

Continue to educate our students about bullying through posters, Pink Shirt Day, and more. Launch peer support groups to connect students and discuss ways to reduce bullying.

MARCH

Focus: Where to Get Help and How to Provide Support

Provide information/resources that will inform parents, guardians, students, and staff on the key signs/symptoms of common mental health issues while outlining the supports available in each community. Peer support groups will reinforce this at their schools.

APRIL

Focus: Spring into a Health Mindset

Share ways families and schools can promote creating a healthy mindset, what one looks like, and steps students can take to get there. Peer support groups discuss what a healthy mindset looks like.

MAY

Focus: Cyberbullying Awareness

Remind students, staff, and parents what cyberbullying looks like, ways to prevent it, and the possible legal consequences. Peer support groups focus on ending cyberbullying.

JUNE

Focus: How to Address Exam Anxiety

Provide tips on how to reduce anxiety surrounding exams as staff, students, and parents prepare for the end of the school year. Peer support groups share, and provide tips to reduce anxiety and hold last meeting for the school year.

JULY

Focus: Reducing Stress and Anxiety at Home

Outline how students can continue to focus on their mental health while there are less distractions such as school, friends, and extra curriculars (school sports, band, etc.)

AUGUST/SEPTEMBER

Focus: Preparing for Back to School Anxiety and Fears

Provide tips to parents, students, and staff on ways they can reduce the stress, anxiety, and fears that come with the return to school - highlighting those starting school for the first time. Launch peer support groups for the school year.

