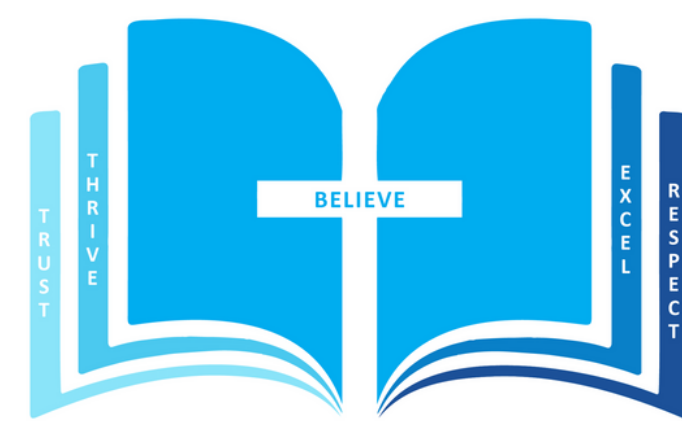


Thrive in Community

September 2025

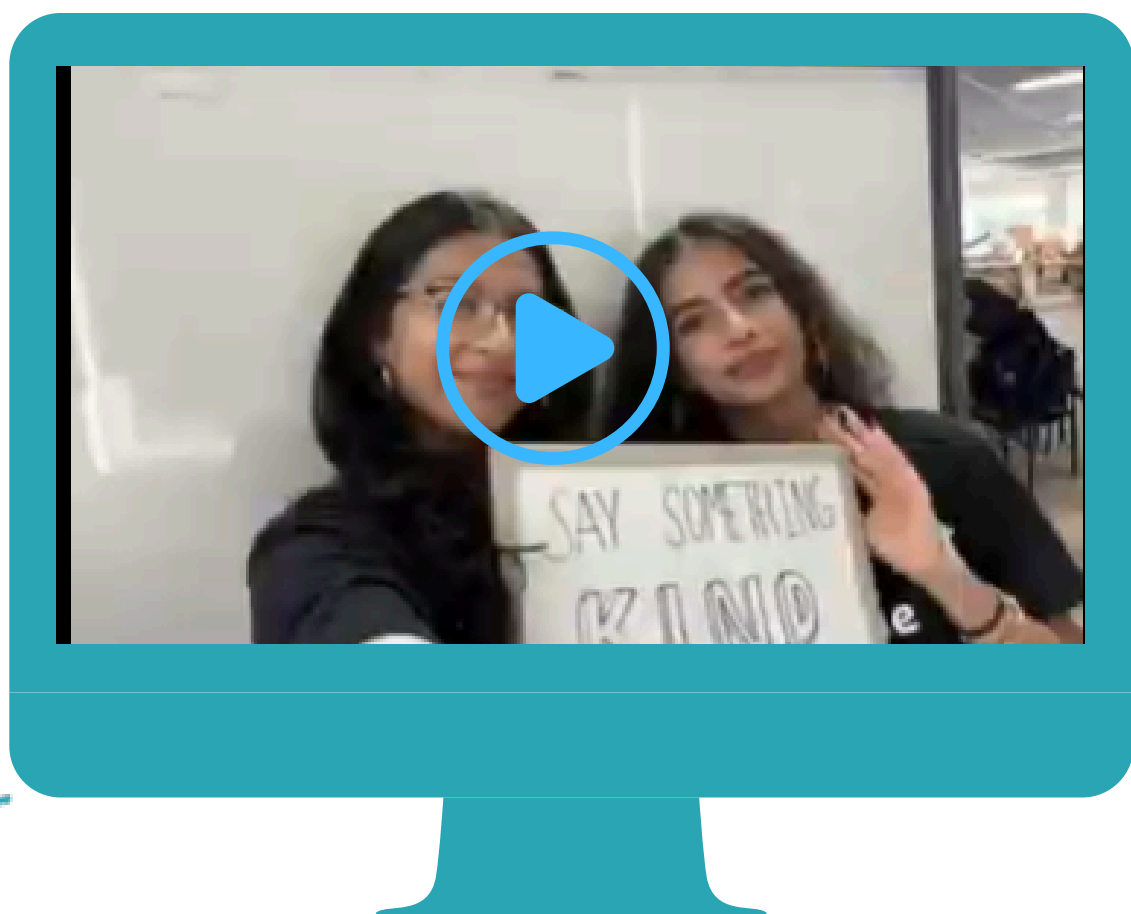
Supporting Mental Health and Well-Being



Welcome to the 2025-2026 School Year!

September marks a season of new beginnings for our students and school communities. For our youngest learners in Kindergarten, it's the start of their educational journey. Grade 9 students are stepping into secondary school, and many others are adjusting to new classrooms, teachers, and friendships. As we begin this year together, we remain committed to nurturing the well-being of every child and youth. Each month, we will highlight the connection between the virtue of the month and mental wellness, sharing resources and strategies to support students, families, and staff. We wish you a mentally healthy, faith-filled September and a school year filled with growth, connection, and wellness. Please take a moment to watch the video below from our Secondary Mental Health and Well-Being Champions, showcasing how well-being is being fostered daily in our school communities.

Student Voice



Click here to check out more resources from the Champions



[DP.Champions](#)

Prayer

Dear God, as we gather this month as a school community of faith,
Nurture the love in us as we journey.
Help us welcome all who come our way.
Deepen our faith to see all of life through your eyes.
We come to you asking for the grace and strength
To walk each day with you as we work to create
Safe, caring and inclusive schools.
We ask this in the name of Jesus, your Son, who lived
to show us your way. Amen

VIRTUE OF THE MONTH: FAITH



School Mental Health Ontario

Click on the resources below from School Mental Health Ontario to access the full version

Parents

As students prepare to return to school, it is normal for students, parents and caregivers to be both excited and nervous during this time of transition. While preparing for your child's return to school, consider these [Mentally Healthy Back to School Tips](#).

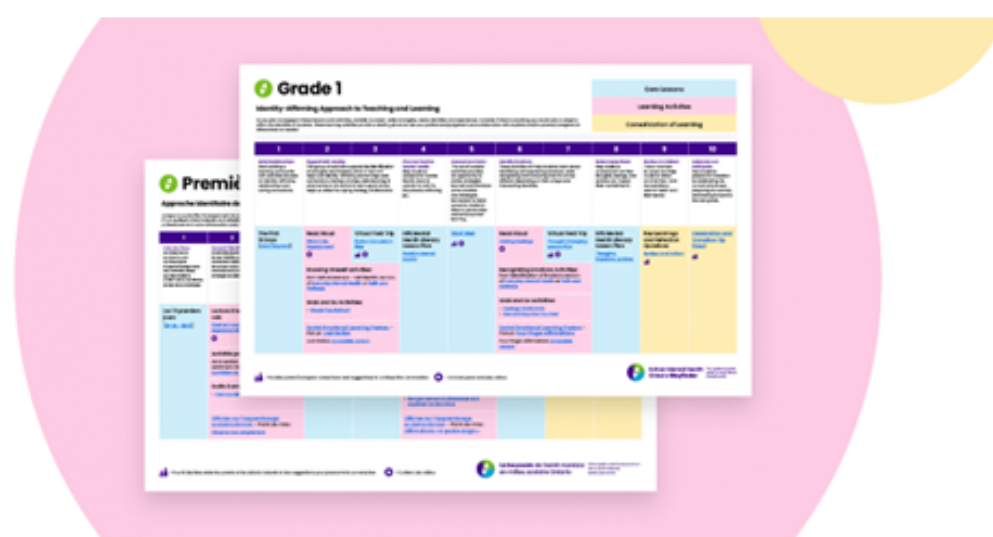


Mentally Healthy Back to School Tips

Staff

Staff are welcome to download and explore [Wayfinder](#) a digital, clickable guide for educators that gathers mental health learning resources in an easy-to-use and sequenced way.

Note: Teachers are encouraged to use professional judgement aligned with OCT guidelines when utilizing any outside resources in the classroom.



Wayfinder - K-12 Mental Health Lessons



Click on each icon to access more resources.



School Mental Health Ontario



Mental Health School Support

"If we love one another, God lives in us." (1 John 4:12)



Well-Being in DPCDSB Schools

Click on the images to see how our schools promote wellness!



Elementary Wellness Leadership Conferences
Happening this Month!



A Day in the Life of the
Student Mental Health Well-Being Champions



DPCDSB Annual Action Plan For Mental Health and Well-Being

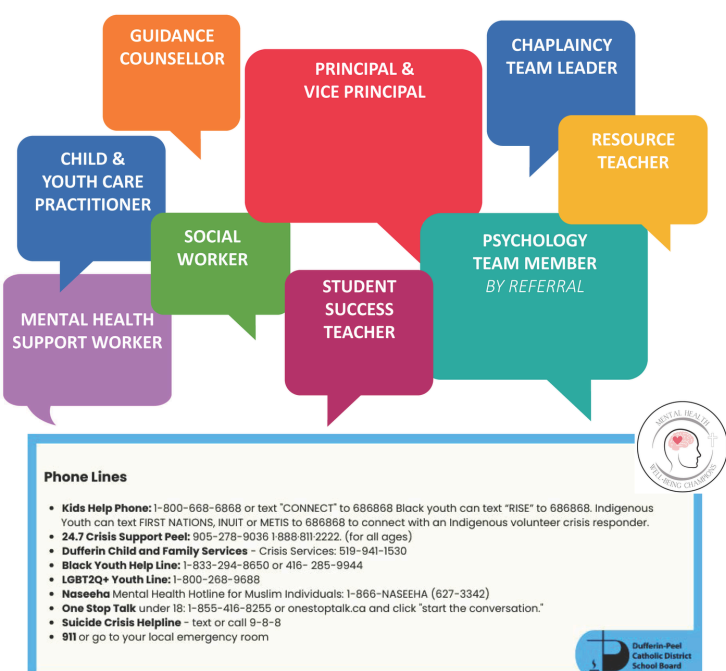
DPCDSB Staff Dropbox
Click here to share what your school is doing to promote Mental Health and Well-Being!



Student Information & Resources



If you need help, come talk to us...
WE ARE HERE TO LISTEN



DPCDSB Let's Talk Poster for Schools

Starting a new school year can bring a lot of changes—new classes, new people, and sometimes new challenges. You might have things on your mind, or maybe you're trying to help a friend and aren't sure who to talk to. You're not alone. There are caring adults at your school who are here to listen and support you.

Want to know who's available at your school? Look for the Let's Talk Poster in your school, on your Google Classroom, or D2L. It lists the names of staff who are ready to help. No problem is too big or too small. If something's bothering you—or if you just need someone to talk to—reach out. We're here for you.



Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (o-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder.
- 24.7 Crisis Support Peel: 905-278-9036 1-888-811-2222. (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3310 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LGBTQ+ Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."

"If we love one another, God lives in us." (1 John 4:12)