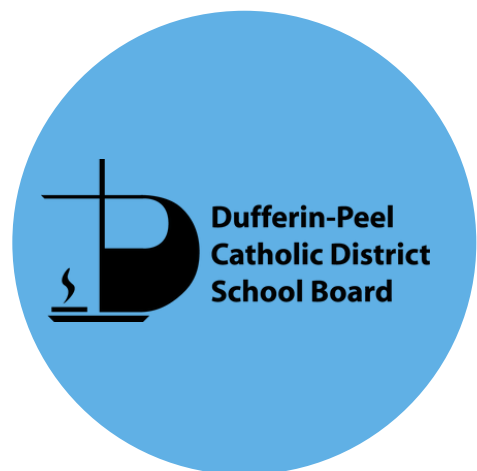
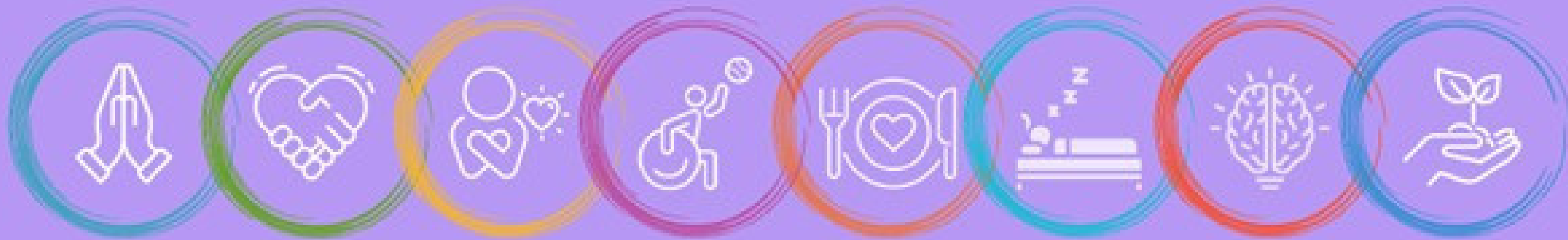
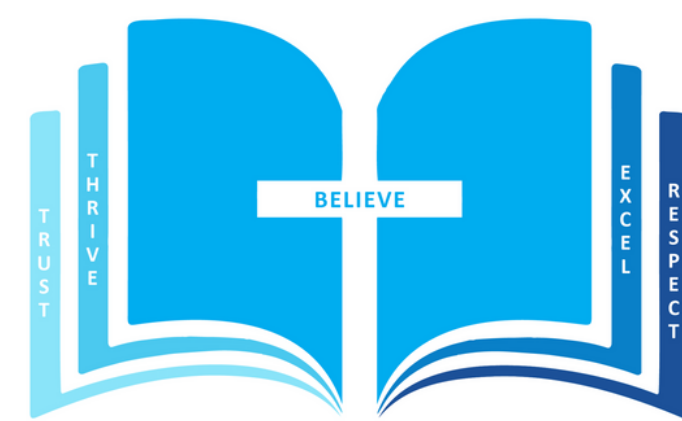




Thrive in Community

October 2025



Supporting Mental Health and Well-Being

October is a time for “Empathy”

As autumn settles in, October offers us a beautiful reminder to slow down, reflect, and appreciate the blessings around us. It's a time to be thankful for the people in our lives, the connections we share, and the opportunities to grow together in faith and kindness. God calls us to care deeply about one another's feelings. Practicing empathy helps us understand different perspectives, build healthy relationships, and foster a sense of belonging. When we feel connected to others, we experience more joy, peace, and acceptance. This month also includes **World Mental Health Day on October 10th**, a global reminder of the importance of mental wellness. Promoting empathy and gratitude in our schools and communities helps create inclusive, compassionate spaces where everyone feels supported.

Watch the video below from the Elementary Mental Health and Well-Being Champions to see how they explored the role of empathy and connection in promoting wellness.

Student Voice



Click here to check out more resources from the Champions



[DP.Champions](https://www.instagram.com/DP.Champions)

Prayer

Lord,
We ask you to help us to look not to our own interests
But to the interests of others.
May we put on the mind of Christ
And be of the same mind,
Having the same love as you did for us.
Allow us to learn the value of things that really matter
And to conduct ourselves
In a way worthy of the Gospel.
We ask this through your Son, Jesus
Amen.

VIRTUE OF THE MONTH: EMPATHY



School
Mental Health
Ontario

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

For many parents and caregivers, our goal is to ensure that our children are able to live both physically and mentally healthy lives. It is important for parents and caregivers to understand what Mental Health is and the difference between good and poor Mental Health. The video, [What is Mental Health](#), by School Mental Health Ontario will help you gain a better understanding about the difference between Mental Health and Mental Illness, how to maintain good Mental Health and what to do if you need supports.

The mental health and well-being of our children greatly contribute to their success at school. That is why it is important that parents and caregivers build positive relationships with their child's school. By working together, families and schools can effectively support children who may be experiencing social emotional challenges that impact their academic success. [Understanding School Mental Health Supports to Help Your Child](#) can assist families in accessing appropriate mental health supports for their child(ren) at schools.



What is Mental Health - Video



Understanding School Mental Health Supports to Help Your Child



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

Elementary Champions Conference 2025



Our Elementary Champions making us smile!



Elementary Champions hard at work



Elementary Champions sharing their wellness plan



Elementary Champions spreading joy

Coming soon
to a school near you



The Well-Being Mascot

DPCDSB Staff Dropbox

[Click here to share what your school is doing to promote Mental Health and Well-Being!](#)



Student Information & Resources

Struggling?



Free online and phone counselling for teens and kids

One Stop Talk.ca

One Stop Talk Support Services

This is your year to succeed!

You've developed a plan and created your to-do list. School supplies: check! Healthy eating plan: check! Class schedules: check! Homework routine: check! Extracurricular activities: check! Social calendar: check! You are prepared.

Don't forget it is also important to take care of our mental health and well-being to ensure you continue to thrive this school year. If you are in need of support, reach out for help at school. Watch the Champions video on [How to Seek Help in Your School](#). You can also call [One Stop Talk](#) which offers free online and phone counselling. For in-person services, check out [Wheretostart.ca](#) which will help you access free mental health services for children, youth and families who reside in Peel.



Where to Start.ca

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (0-18 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)