



Mental Health Matters

Bruce-Grey Catholic District School Board

“...I am with you...I will strengthen you and help you...”

Isaiah 41.10

School Mental Health Vision

Sacred Heart High School is a safe and inclusive community where everyone belongs and student voice is honoured. Supportive, responsive, caring adults promote Catholic virtues, holistic development and life-long resiliency.

School Mental Health Mission

The mission of the SHHS mental health strategy is to build staff capacity in supporting diverse initiatives which are proactive in fostering student voice and well-being within a faith community. Effective communication and collaboration, within the school and with our community partners, promote a culture of inclusivity and authenticity.



Sacred Heart High School, Trinity Peer Leadership Program

The Trinity program is a staff supported student led initiative at SHHS. Students from grade 10, 11,12 are nominated by staff and peers to participate in the program. These students are trained in workshop activities and conversations on topics such as, relationships, respect, mental health, and substance use. These all being conversations and challenges that are current within student life. Trinity Leaders receive leadership training on how to lead conversations, build relationships and build mental health awareness with grade 9 students over the year. Trinity Leaders also participate in transition visits to all of our feeder schools and culminate their Trinity year with a Community Stigma Walk—to build mental health awareness in our community





**Have you had that talk?...
Mental Health Matters**

Every student has mental health just as every student has physical health. Mental health occurs on a continuum and can involve a range of emotions that can impact our lives. One in 5 Canadian Students will experience a mental health difficulty each school year. That translates into 4 or 5 students in each of our classrooms. As schools move forward in supporting student mental health it is important that the conversation extend beyond the classroom. Parents and caregivers can play a key role in creating mental health awareness, breaking down stigma and helping students navigate services. Here are some resources you can use to assist with the 'mental health' conversation:

Visit our Mental Health Tapestry to see what other schools in the Board are doing to support mental health:
http://www.bgcdsb.org/about_bruce_grey_c_d_s_b/mental_health_matters



let's end mental health discrimination

<http://www.time-to-change.org.uk/parents>



www.wecaregreybruce.ca



A PROJECT OF
The Hincks-Dellcrest Centre

<https://www.hincksdellcrest.org/ABC/Welcome>