

## SRCE Goals and Priorities

The Strait Regional Centre for Education's educational goals include the following:

*We will support social, emotional, mental, physical and spiritual wellness among students through positive relationships and the creation of equitable, safe, accessible and inclusive learning environments.*

### SRCE Resources

- Child and Youth Care Practitioners (CYCP)
- School Counsellors
- Go-To Trained Staff
- School Psychologists
- SchoolsPlus
- Mental Health Clinicians (SPMCH)
- Youth Health Centres
- Student Services
- SRCE Incident Response Guide

## Multi-tiered System of Supports

### The Role of School and School Districts

Figure 1.

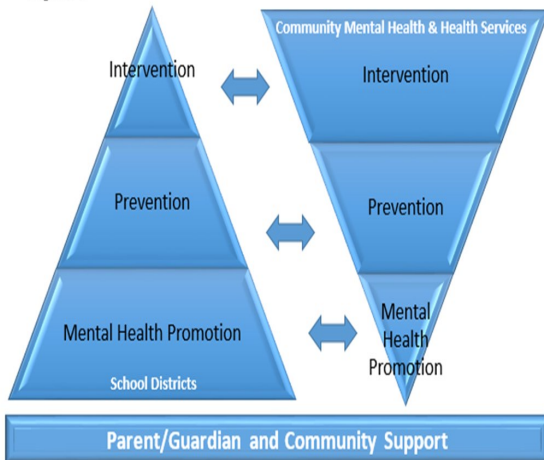


Figure 1 taken from System Leadership in School Mental Health. CASSA Discussion Paper. 2017. Kathy H Short, Cindy Finn, H. Bruce Ferguson

## Mental Health Literacy

### What Do These Words Mean?



There is a **HUGE** difference between the normal ups and downs of life and a mental disorder. Clarity of language is important!

Examples of words that can be used to demonstrate the continuum of mental health states:

- ◆ **Mental Distress** may be described as feeling apprehensive, concerned or uneasy.
- ◆ **Mental Problems** may be described as feeling worried, disquieted or perturbed.
- ◆ Anxiety is an example of a **Mental Disorder/Illness**. We can feel anxious, but saying we have anxiety means that we have been diagnosed by a mental health professional and have a mental illness/disorder.

Good mental health does not mean feeling happy all the time. Being able to cope with the normal stressors of everyday life helps build resiliency and is a sign of good mental health.

**Use the right words ... It matters!!**

<https://ubc.xonline.exl.ubc.ca>



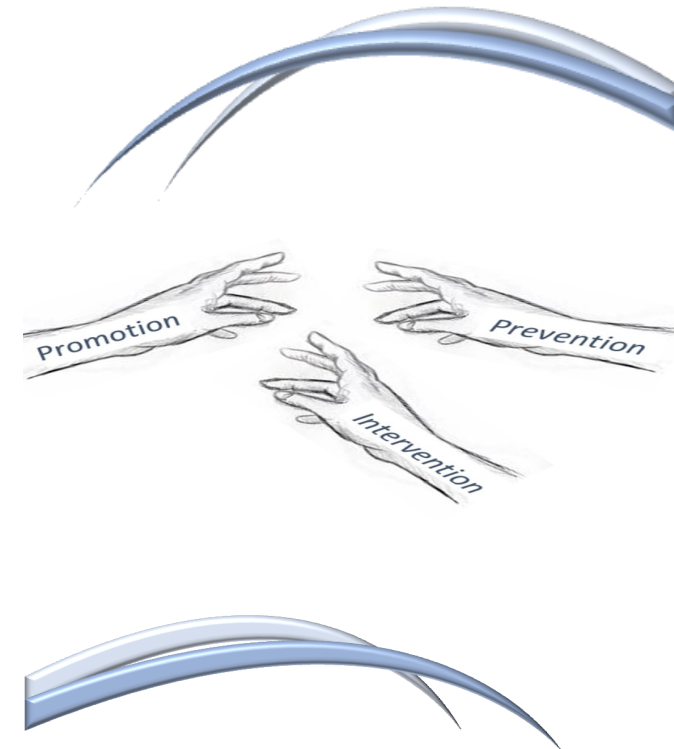
Strait

Regional Centre for Education

© 2021 Strait Regional Centre for Education

## MENTAL HEALTH RESOURCES AND SERVICES

MENTAL HEALTH STRATEGY



Strait Regional Centre for Education

304 Pitt Street, Unit 2

Port Hawkesbury, NS B9A 2T9

902-625-2191 / 1-800-650-4448

902-625-2281 (fax)

www.srce.ca

Follow SRCE on Twitter @SRCE\_NS

## Programs and Services

**Nova Scotia Mental Health Crisis Line:**  
1-888-429-8167

**Nova Scotia Mental Health and Addictions Intake Services:**  
1-855-922-1122

**Child and Adolescent Mental Health:**  
Antigonish and Mainland: 902-867-4500 Ext. 4760  
Sydney and Cape Breton: 902-567-7731 (Press 2)

**Mental Health and Addictions:**  
Port Hawkesbury: 902-625-2363

**Nova Scotia Mental Health and Addictions website:**  
<https://mha.nshealth.ca/en>

**Kids Help Phone: 1-800-668-6868**  
**Text: Connect to 686868**  
<https://kidshelpphone.ca/>

**Native Youth Crisis Hotline: 1-877-209-1266**

**Cyber Scan: 1-855-702-8324 (toll free)**  
<https://novascotia.ca/cyberscan/>

### Hospitals and Community Health Centres:

Cape Breton Regional:	902-567-8000
Eastern Memorial (Canso):	902-366-2794
Guysborough Memorial:	902-533-3702
Inverness Consolidated Memorial:	902-258-2100
Mens' Health Centre (Antigonish):	902-863-2358
Paq'tnkek Health Centre:	902-386-2048
Potlotek Health Centre:	902-535-2961
St Martha's Regional (Antigonish):	902-863-2830
St. Mary's Memorial (Sherbrooke):	902-522-2882
Strait Richmond:	902-625-3100
Victoria County Memorial (Baddeck):	902-295-2112
Sacred Heart CHC (Cheticamp):	902-224-1500
Waycobah Family Healing Centre:	902-756-2156

### Department of Community Services: Northern region:

Antigonish: 902-863-3213  
Guysborough/Canso: 902-533-4007  
To report abuse or neglect, call:  
1-888-919-4236

## Programs and Services

### Department of Community Services: Eastern Region:

Port Hawkesbury: 902-625-0660  
To report abuse or neglect, call:  
1-800-563-3400.

### Mi'kmaw Family and Children's Services:

Mainland: 1-800-263-8686  
Cape Breton: 1-800-263-8300

### Family Services:

Port Hawkesbury: 1-800-670-4357  
Antigonish: 902-863-2358

**Al-anon:**1-888-425-2666

**Antigonish Women's Resource Centre:** 902-863-6221

**Sexual Assault Nurse Examiner (SANE) Program:**  
1-877-880-SANE(7263)

**The Naomi Society:** 902 863-3807  
Crisis Line: 1-888-831-0330

### Big Brothers and Big Sisters:

Antigonish: 902-863-5332

### Youth Outreach Services (ages 12-24)

Antigonish, Guysborough and Pictou Counties  
Office: 902-752-0049  
Cell:902-931-1002

**Strongest Families Institute:** 1-866-470-7111

### RCMP: Emergency – 911

Antigonish:	902-863-6500
Arsicat:	902-226-2533
Baddeck:	902-295-2350
Canso:	902-366-2440
Cheticamp:	902-224-2050
Guysborough:	902-533-3801
Inverness:	902-258-2213
Port Hawkesbury:	902-625-2220
Sherbrooke:	902-522-2200
St. Peter's:	902-535-2002
Wagmatcook	902-295-2350
Waycobah	902-756-3371

## Online Resources

**211 resource:** <http://ns.211.ca/>

**Need Help Now**— assistance with removing online intimate images: [NeedHelpNow.ca](http://NeedHelpNow.ca)

[About Kids Health](#)

[Centre for Addiction and Mental Health](#)

[Centre of Excellence for Mental Health](#)

[Joint Consortium for School Health – Promotion Healthy Children in Canadian Schools \(jcs-hccs.ca\)](#)

<http://antibullying.novascotia.ca/>

[mindyourmind.ca](http://mindyourmind.ca) | [reach out. give help. get help](#)

[Positive Mental Health Toolkit](#)

[Social and Emotional Learning Resource Finder](#)

[Teach Resiliency](#)

[TeenMentalHealth.org](#)

[The New Mentality](#)

[Youth Mental Health Champion Toolkit](#)

## Additional Resources

Trauma Informed Care <http://yourexperiencesmatter.com/>

Tedtalk – on stress <http://athingnamed.com/best-ted-talks-on-anxiety-stress-and-fear/>

Bullying <http://www.prevnet.ca/>

SEL and Bullying Prevention Toolkits  
<https://sites.google.com/site/cpscatlantic/>

Worry Wise Kids <http://www.worrywisekids.org/node/40>

The Youth Project (LGBTQ)- <http://youthproject.ns.ca/>

[Health Promoting Schools | novascotia.ca](#)

Supporting Survivors of Sexual Violence Training -  
<https://nscs.learnridge.com/>

[jack.org](#)