

Well-being in ISD

LEARN WELL LIVE WELL

The Interlake School Division (ISD) is pleased to offer our school communities a **confidential well-being support line** to help manage during the COVID-19 pandemic and the suspension of classroom learning. This support line is available to parents, caregivers, staff and, of course, our students.

This is not a crisis line. It is a place where you can go to ask questions, to talk, and to be supported during the suspension of classroom learning. We commit to answer emails and phone messages in a timely manner, but cannot guarantee next day service. Our team of experts in education and mental health are here to lend support on a wide variety of topics from now through June 26th.

Here is just a sample of topics we can help with:

- Accessing the appropriate school support personnel
- Accessing the appropriate agencies
- Supporting parents
- Supporting children with disabilities
- Basic needs support
- Coping with change
- Accessing mental health information
- Coping with stress and anxiety
- Coping with feelings of depression (feeling stuck)
- Managing technology
- Staying active
- Accessing government programs
- Assistance in setting up routines
- Accessing resources
- Finding balance when supporting students learning at home

All questions pertaining to classroom programming are to be directed to the classroom teacher.

To access ISD's support line please send a confidential email including the question or concern you may have to wellbeing@isd21.mb.ca. If you do not have access to email, call 204-467-5100 and listen for prompts.

Please visit our website at www.interlakesd.ca for more information related to COVID-19.

*Please direct any concerns about children's safety to:

Interlake Child and Family Services

204-785-5340

**If you, your child, or another family member are in immediate crisis or require immediate 24/7 supports, please reach out to:

Kids Help Phone counsellors

1-800-668-6868

Manitoba Suicide Hotline

1-877-435-7170

Klinic Crisis Line

1-888-322-3019

Addictions Foundations of Manitoba Helpline

1-855-662-6605

Or visit your nearest emergency room or call 911