



*Rising Together
will be taking a winter break*

December 14th, 2022 – January 9th, 2023

Rest is key for our mental health, stress, mood, and the connections we make. Making time for daily rest allows our body and mind to recharge.

But it's important to us that all our team members have dedicated time for the things that refresh and rejuvenate our minds and hearts.

Rising Together Peer Support, will be taking a holiday break beginning December 14th, 2022.

The next peer support group will take place on
Tuesday January 10th, 2023

During this break, it's important to feel supported or connected with accessible resources until we can meet again so we've pulled together some of our favourite holiday tips and resources.

See the next page to refresh your mental health toolkit and explore some mental health resources



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Refresh our Toolkit

We know that the holidays aren't always an easy time. We wanted to share some of the ways we will be coping if things get tough over the winter break.

Planning ahead to care for your wellness can take off some of the pressure if things get difficult. By refreshing our mental health toolbox we can have coping skills in reach and feel more prepared to care for ourselves and access supports to protect our mental health & wellbeing.

Acknowledge your feelings

Practicing self-validation can help us process difficult or overwhelming feelings. The first step can be acknowledging what we're feeling without judgement. Try to name what you're feeling in the moment. Ex. "I'm feeling sad."

Plan ahead

It's never too early to start asking ourselves, "what's important to me?" Planning ahead helps us to manage other's expectations of our time, and ensure we schedule in what matters to us and our wellbeing.



Find a quiet space

Things can get busy and overstimulating. Sometimes it's helpful to take a break and have time to recoup. If you need space, support, or items to ground yourself and decompress, that's okay.

Do what works for you

It's okay to prioritize your health over other commitments. By prioritizing mental health, you can focus on what works for you and contributes to your wellbeing. Your wellbeing, your needs, and you matter.



Resources

We want to share some of our favourite mental health strategies and resources that you can add to your toolbox this winter! Explore some of the resources available on:

Mind Your Mind – <https://mindyourmind.ca/>

Anxiety Canada – www.anxietycanada.com/

Kids Help Phone – <https://kidshelpphone.ca/>

Until we can connect again, consider exploring these mental health support services:

Mood Disorders Association of Ontario Telephone Support:
(Mon-Fri 9:30 am - 5:00 pm) 1-888-486-8236

LGBT Youth Line: 1-800-268-9688

Across Boundaries (for racialized youth):
<https://www.acrossboundaries.ca/programs>

If you are in immediate need of urgent mental health care, you're not alone and there is help available.

Kids Help Phone:

Call – 1-800-668-6868

Text – CONNECT to 686868

Chat – <https://kidshelpphone.ca/>

Put these numbers in your phone for easy reach

Distress Centres of Toronto: 416-408-HELP (4357)

Consider asking someone you trust to help you access immediate care

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