

HAVE A Mentally Healthy Transition INTO

GRADE 7

Transitions are a normal part of life. For young people, one of the most significant transitions is the transition from elementary school to intermediate or high school. Change can be stressful. You may be feeling nervous, excited, sad, or a combination of many feelings. You are not alone! Lots of other transitioning students are feeling the same way. Talking about a common concern with classmates can spark new friendships!

The transition to intermediate or high school offers more independence and more responsibility. Make sure you keep track of homework assignments, when tests are coming, and when projects are due. High school also offers more extracurricular activities, such as clubs, music and theatre opportunities, student government, and various sports teams. This is your opportunity to explore your interests and try new things!



What if I need help?

If personal issues get overwhelming, find someone to talk to. Many people are available to help you. Friends, parents, and school staff can be great resources, but sometimes that's not enough.

There are professional supports available in your school!



School Support Services Counselling:

Each school has a specific Clinician assigned throughout the school year to offer brief individual counselling services (up to 10 sessions). All students over the age of 12 are able to consent to counselling services or you can talk to your parent/guardian, or any teacher, guidance counsellor, vice-principal or principal to access these services.



Mental Health and Addictions Support: Joleen Hogan RN, BScN

The Mental Health and Addictions Nurse (MHAN) is available to all students across the Rainy River District. The MHAN is a specialized nurse who works in the community and in schools to assist students with various mental health and addictions challenges.

IT'S PERFECTLY OK IF YOU'RE NERVOUS IN YOUR FIRST DAYS AT YOUR NEW SCHOOL.

EVEN IF YOU DON'T GET OFF TO THE BEST START, THAT'S NORMAL TOO.

AS YOU ADJUST TO YOUR NEW INDEPENDENCE AND DEMANDS, REMEMBER, WE ALL HAVE MENTAL HEALTH AND TALKING ABOUT THINGS IS ONE OF THE WAYS WE CAN TAKE CARE OF IT!

Check out the following websites for more mental health information and supports:

<https://smho-smso.ca/students/>

<https://kidshelpphone.ca/>

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

<https://jack.org/COVID-Response>

1 800 668 6868
Kids Help Phone
kidshelpphone.ca

