

# A blueprint for a different kind of back-to-school

Strategies for taking care of your body, your mind, and others...



## ★ NATIONAL RESOURCES

Anxiety Canada  
<https://www.anxietycanada.com/>

KidThink.  
<https://www.kidthink.ca/whatkidthinkis>

Canadian Mental Health Association  
<https://cmha.ca/>

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

Mental Health Commission of Canada  
<https://www.mentalhealthcommission.ca/English/what-we-do/children-and-youth>

Crisis Services Canada  
<https://www.crisisservicescanada.ca/en/>

Canadian Red Cross Free Psychological First Aid Guide  
<https://www.redcross.ca/crc/documents/CRC-Psychological-First-Aid-Guide-2019.pdf>

## ★ LOCAL RESOURCES

To be filled

We're all in this together! Everything is going to be okay!