

Ottawa, June 17 2021

## **IMPORTANT UPDATE: Wellness and mental health resources during the summer**

Dear parents and guardians,

I hope you and your children are doing well. We are less than a week away from the end of an unforgettable school year. I would like to take this opportunity to thank you for your trust and your collaboration over the past few months.

### **REMINDER - Well-being and mental health resources during the summer**

We would like to remind you that if your child needs the services of a mental health professional, CEPEO social workers will be available to support him from June 28 to August 27, 2021.

You can request a service by completing the [SUMMER 2021 - Self-referral in social work form](#). It will be sent to one of the social workers who will contact you as soon as possible in order to follow up and direct you to the appropriate resources. Our response times will be 24 to 72 hours from Monday to Friday.

If your child is at imminent risk, please contact 911 or a crisis line such as the Youth Services Office at 613-260-2360.

Children and youth can also talk to a counselor 24 hours a day, 7 days a week, by calling Kids Help Phone at 1-800-668-6868 or texting TALK at 686868.

### **REMINDER - Public health units resources**

Regional public health offices resources are updated regularly. We encourage you to view them on our [website](#). In particular, you will find messages addressed to parents.

### **REMINDER - Self-assessment and screening tests**

Although the situation is improving, COVID-19 is still circulating in the community. It is therefore important to continue to follow all public health instructions. These measures include the daily COVID-19 symptom self-assessment available on our [website](#), as well as self-isolation and screening if you or your child has symptoms.

### **REMINDER - Vaccination for 12 to 17 year olds**

Students aged 12 to 17 can make an appointment to receive the COVID-19 vaccine online through the [provincial appointment scheduling system](#) or by calling the call center. They can also come to any of the [participating pharmacies](#) that administer the Pfizer vaccine.

### **Consultation on accessibility standards**

In closing, we invite you to complete the Government of Ontario's survey on accessibility standards for kindergarten to grade 12 education. You are invited to participate until September 2 by [clicking on this link](#).

I thank you for your cooperation and wish you a wonderful family weekend.

Sylvie C. R. Tremblay  
Director of Education