PREPARE; PREVENT; RESPOND

ᐃᑉᐸᒻ ᑭᑯᑦ ᑲᐃᐃᒋ ᑭᑭᑦᒋᑲᒐᑦ ᐃᐯᑉ ᐅᒋ ᑭᐱᑎᓂᑲᒐᑦ ᓂᑦᓯᑎᓱᐃᑦ

ᑭᑭᑦᑕᑦ ᑭᑯᓐᑦ ᑭᔭᔅᐸᑕᒪᑦ

ᓂᑦᓯᑎᓱᐃᑦ ᐊᒥᐅᑉ ᓂᓱᑦ ᑲᔭᑦᑯᐅᑦᑕᑲᑦ ᒥᓂᑯᑦ ᑲᐃᒋ ᐃᒡᑲᐱᒪᑎᓱᐊᑉ ᐅᒡᑲᑎᔭᑦ ᐅᑲᑉ ᐅᒡᑭᓂᑭᐊᑉᑦ ᐱᔅᑲᑉᔭᑦ ᑲᐃᒋ ᑭᒋᓐᑦᑕᑲᑦ ᒋᑭᐱᑎᓂᑲᒐᑦ ᐃᐯᑉ ᐃᓱᔭᓂ ᕿᒐᔭᑎᔭᑦ ᒋᓂᑦᑕᐃᓐᒧᐊᒋᑦ ᑭᑯᓐᑦ ᑲᐃᒋᐃᒋᕿᒪᑲᑭᑦ ᐃᐯᑉ ᐅᒋᑭ

- ᐅᑲ ᑲᔭᐯᓂᒪᒋᑦ ᐅᑎᐯᑦᒋᕿᐃᑦᓂᑦ ᐊᐃᔭᑦ ᐅᑲᑉ ᐅᑐᒐᒪᑦ
- ᐅᑲ ᑲᔭᐯᑦᑕᑦ ᑭᑯᓂᓂ ᓂᑲᓂᑦ
- ᑲᐊᔭᒥᑦᑕᑦ ᓇᑦᑕ ᑲᒪᓯᓇᑦᐊᑦ ᐃᐅᓂ ᓂᑦᓯᑎᓱᐃᓂᓂ ᓇᑦᑕ ᐅᓇᑕᐅᑦᑕᑦ ᒋᑦᑲᐱᐊᑎᓱᒪ
- ᐅᐃᑕᒧᐊᒋᑦ ᐅᐃᔭᒥᑦᑕᒧᐊᒋᑦ, ᐅᑲ ᐅᑭᐃᒋᑦᐃᑎᓱᐊᑉ, ᓇᑦᑕ ᐅᑲ ᐅᑭᑲᓇᐅᓂᒥᑎᓱᐊᑉ
- ᐃᑦᑲᔭᒪ ᑭᑯᓐᑦ ᑲᐃᓱᑕᑐᑕᑭᑦ, ᑐᑲᑦ ᑲᒪᒥᑭᑉ ᑲᑭᑭᒋ ᐃᓐᑦᑕᑭᑦ ᑭᑯᓐᑦ ᐅᑕᔭᓇᑦ
- ᑲᔭᒋᔭᓂᑦ ᐅᑎᓇᑎᓱᐃᓂᑦ (ᑲᒪᒋᔭᓂᑦ ᐅᑭᑭᓄᑦᐊᒪᑯᐃᓂᑦ ᑲᑐᑕᑦ, ᑲᒪᒪᓐᑦᒋᑭᐃᑐᑕᑦ, ᐅᑲ ᑲᑯᑕᒋᑉ ᑭᑯᓐᑦ ᒋᑐᑕᑭᑦ, ᑐᑲᓇᑦ ᐃᑭᓂᐊᑦ)
- ᑲᐃᒋ ᒪᓂᔭᓂᑭᑦ ᒥᓂᑭᐃᓂᑦ ᓇᑦᑕ ᒪᒋᒪᒡᑭᑭᐃᑭᐃᓂᑦ ᑲᔭᐸᒋᑐᒋᑦ
- ᐅᑲ ᐅᐱᒥᐸᔭᑭᑦᑎᓱᑉ
- ᑲᐃᒋᒪᒪᒋᓐᑦᑕᒧᔭᑉ ᓇᑦᑕ ᑲᓇᑲᓂᓂᑭᑦ ᐅᑭᒋᒪᕐᑦᑕᑦ (ᐅᒪᕐᑦᑕᑦ, ᐅᐊᑭᐃᑭᓯᐊᓯᔭᑉ, ᐅᑲ ᐅᔭᐯᑦᑕᑭᑦ ᑭᑯᓐᑦ ᐊᒻᑯ ᑲᒧᓐᑦᑕᑭᐸᑦ ᐅᑐᑕᑭᑦ, ᐅᑲ ᐅᑭᓂᐸᑉ ᓇᑦᑕ ᐅᑭᐃᓯᓂᑉ)

ᑭᑭᑦᑕᑦ ᐊᑦ ᑭᑯᑦ ᑭᐃᑭᑐᔭᑦ

ᑕᓱᑕᒪᑉ ᓂᑦᓯᑎᓱᐃᓂᓂ ᑭᓂᒐᓂᒡ ᑕᐃᒋ ᐅᒋᔭᓂ ᒋᐃᑕᒪᐃᑲ ᑭᒡᐱᑦ ᐅᐅᓂ ᑐᑲᑦ ᑭᑯᓂᓂ ᐅᐃᓱᔭᐊᑭᑦᑭᑦ ᐅᑭᓂᐊᑦ ᐊᒻᑎᑊ ᑭᑯᓐᑦ ᑐᑕᒧᐃᓇᑦ ᑭᑭᑐᒋᑲᒐᑭᑦ ᐅᑭ ᑲᔭᓂᒪᑉ ᐃᓱᑦ ᐊᔭᒥᒻᐃᑎᓇᓂᐊᑉ:

- **ᒪᒋᑐᑦ ᐃᐯ ᑕᓱᑕᒪᑐᐃᑦ:** ᐸᔭᑕᑉ ᒪᒋᑐᑦ, ᒋᑲᑭᒋᒪᑉ ᑭᓂᒐᓂᒡ ᓇᑦᑕ ᑭᑐᒡᑲᑎᓱᑉ ᐊᑦ ᐃᓇᒪᒋᒻᐅᑭᑦᑭᑦ ᓇᑦᑕ ᑭᑕᐃᓱᒪᒋᑐᑦ ᑭᑯᓐᑦ ᑲᐃᓱᐊᐸᑕᒪᓂᑦ ᓇᑦᑕ ᑲᑭᑎᐯᐃᓇᑦ, ᑐᑲᑦ "ᓂᑭᑭᑦᑕᑦ ᑲᑭᓂᐯᒡᒡ ᑭᓂᐯᐃᑲᒥᑯᑉ ᐯᑕᓇᐱᔭᑦ ᐅᑲ ᐅᒪᕐᑦᑕᒪᑦ ᐃᐃᓱᓇᑯᓯᔭᑦᑭᑦ ᑭᒥᓄᔭ ᓇᑦ?"
- **ᐱᓯᑦᑕᑦ:** ᑭᒋᓐᑦᑕᑲᑦ ᒋᒥᓇᑉ ᑭᓂᒐᓂᒡ ᓇᑦᑕ ᑭᑐᒡᑲᑎᓱᑉ ᒋᑕᐃᔭᓂᑉ ᒋᓇᕿᐅᒡᑐᑉ ᐃᐯᓂ ᓂᒡᑕᑉ ᑭᑲᕿᒡᐅᐃᑦᑭᑦ ᓇᑦᑕ ᑭᑕᐃᑭ′, "ᐊᒻᑎ ᑭᔭᐱᑉ ᐃᑕᒪᐃᓱᑦ ᐃᐯᑭ" ᑭᒋᓐᑦᑕᑲᑦ ᐃᐯᑉ ᐃᓂᑕᑲᑦᑭᑦ ᐊᓂ ᓂᑕᓂ ᓂᑦᓯᑐᑕᑦ ᑲᔭᑉ"
- **ᑲᕿᑎᐯᑦ:** ᕿᒐᐯᑉ ᐃᓱ ᑲᕿᑎᐯᑦ ᐃᐯᑉ ᐅᒋ ᓂᑦᓯᑎᓱᐃᑦᑭᑦ ᑭᒡᐱᑦ ᑭᓂᒐᓂᒡ "ᑲᐃᑦ" ᐃᑭᑎᑉ, ᑭᑭᑦᑕᑦ ᕿᑐᑕᒪᑦ ᐅᑲᑉ ᐱᒥᑕᓱᑕᒧᑲᑦ ᓇᑦᕿ ᑭᒡᐱᑦ ᓇᑕᐅᑦᑕᑲᑦᑭᑦ
- **ᓇᕿᐯᒡᑐᑦ:** ᑭᒡᐱᑦ "ᐅᑦᐊ" ᐃᑭᑎᑉ ᑭᓂᒐᓂᒡ, ᐸᔭᑕᕿᓂᒧᑦ ᐅᑲᑉ ᐃᑕᒪᐃᑦ ᒋᐃᑦᑭᑦᐊᑕᑉ ᐅᐅᓂ ᐅᒋᑭ

ᑭᕿᑦᑕᑦ ᕿᑐᑕᒪᑦ ᑭᒡᐱᑦ ᑲᓇᑦᒥᑦᑕᒪᑦ

- ᑭᑭᓄᑦᐊᒪᑎᓱᑦ ᑭᑕᓱᕿᐃᓂᑦ ᐃᑦᑭᑦᐃᐅᐃᓇᑦ ᕿᑭᐃᑦᒋᐃᑦᑭᑦᐃᐅᔭᑭᑦ: ᑲᓂᑦᑦᐅᑦᒡᐃᐅ 1-866-531-2600 ᐊᐊᓱᓂᑦ ᐅᒪᒥᑐᓂᑦᒋᑲᓂᐊᑦ ᒥᓄᔭᐃᑦ ᐅᑦᒡᐃᐅ ᒪᑯᓇᑦ ᐃᐯᑉ ᒪᒪᑕᐊᑦᐱᑯᑉ ᑲᐃᓱᒪᓯᓇᑦᐃᑲᒐᑦ ᕿᐃᓱ ᒥᑦᑭᑲᒐᑦ ᐃᑦᑭᑦᐃᐅᐃᑲᒥᑦ ᐃᒪ ᑭᑕᓱᕿᐃᓂᑦ ᐃᓂᕿ
- ᑕᓱᑕᒪᐅ ᑭᑎᐯᑦᒋᕿᐃᑦ ᑭᒪᒡᑭᑭᐃᓂᑦ, ᑲᔭᒡ/ᐊᒐᑯᓂᑲᓂᑕᒪᕿ, ᑭᔭᐱᑉ ᐊᐊᓱᒥ ᐃᑦᑭᑦᐃᑯᓯᐃᑦ
- ᐃᑕᓄᑦᑭᒥᑉ ᑭᓂᒐᓂᒡ ᐅᑭᑭᓄᑦᐊᒪᑐᑲᒥᑯᑉ ᒋᐊᑦᐅᓇᑦᒋᑲᒐᓂᑭᑦ ᑕᑦᓯᑭᓱᑲ ᐃᑦᑭᑦᐃᐅᐃᓇᑦᓯ ᑲᐅᔭᑭᑦᐃᐅᐃᓂᐊᑉ ᐅᑕᓄᑦᑭᑉ ᐃᒪ ᐊᔭᐊᑉ ᕿᐃᑦᑭᑦᐃᐅᐊᑉ
- ᓂᑲᓇᑦᑐᑦ ᑭᒥᓄᔭᐃᑦ ᒋᑕᓱ ᑲᒡᑭᑐᔭᑦ ᐃᒪ ᒋᐊᔭᔭᑦ ᐊᐅ ᐅᒋ ᑭᓂᒐᓂᒡ ᓇᑦᑕ ᑭᑐᒡᑲᑎᓯᑦᓯ ᐃᓇᐱᑦ ᐃᒪ ᒪᒪᑕᐊᑦᐱᑯᑉ Wellness Together Canada ᕿᐃᑎᓇᒪᓂᑦ ᐃᓇᑦᑕᒧᐃᓇᑦ ᐅᑲ ᐃᑦᑭᑦᐃᐅᐃᓇᑦ
- ᑲᕿᑕᐃᔭᔭᑦ ᕿᐃᑦᑭᑦᐊᑦ ᐅᑲ ᐅᑲ ᑲᔭᓂᒥᑦᑕᑲᑭᑦ ᑐᐊᒧᐃᓇᑦ ᒋᑐᑕᒥᑉ ᐊᐅ ᑭᓂᒐᓂᒡ ᓇᑦᑕ ᑭᑐᒡᑲᑎᓯᑦᓯ ᑕᑦᓯᑭᓱᑲ
- ᑲᓄᕿᑦ, ᓂᑦᓯᐃᓯᐃᑦ ᒪᒥᑐᓇᑦᑕᒧᐃᓇᑦ ᑕᑭᐃᑦ ᐃᓯᔭᐱᑯ ᐊᐃᔭ ᐅᑲ ᐊᑦᐱ ᑲᑲᔭᑎᓇᒪᑦ ᕿᐃᐅ, ᔭᑭᑦᐃᐅᐃ ᐃᑦᑭᑦᐃᐅᐃᑦ ᐃᐯ ᑭᑲᑭᐃᑦᑭᑦᐊ ᐊᐅ ᑭᓂᒐᓂᒡ ᓇᑦᑕ ᑭᑐᒡᑲᑎᓯᑦᓯ

ᑭᕿᑦᑕᑦ ᐊᑦ ᑭᑯᑦ ᑭᐃᑭᑐᔭᑦ ᕿᑦᑦ ᑭᑭ ᐃᓯᔭᔅ

ᑭᒡᐱᑦ ᑭᓂᒐᓂᒡ ᓇᑦᑕ ᑭᑐᒡᑲᑎᓯᑦᓯ ᐯᐯ ᐅᐊᐅᓇᑦᑐᕿᑦ ᐅᐃᓂᑦᓯᑎᓯᑦ ᐅᑲ ᐯᐯ ᐃᐅᓂ ᐅᐃᑐᑕᒡ ᖏᒪᒡ ᓇᑦᑕ ᐊᓱ ᐅᑭᑲᕿᑦᑐᑕᒡ, ᐊᒥᐅ ᐅᐅ ᐅᐃᓯᔭᒡ ᒪᒥᑐᓇᑦᒋᑲᓂᒥᓄᔭᐃᑦ ᑭᑭ ᐃᓯᔭᐃᑦ ᐃᐅᑉ ᑲᐃᑦ ᐯᓱᑯᓇᑲᒡ ᑭᓂᒐᓂᒡ ᓇᑦᑕ ᑭᑐᒡᑲᑎᓯᑦᓯ ᖏᒪᒡ ᐃᓱᑭᑎᑦ ᐃᒪ ᑭᑭ ᐃᓯᔭᐃᓂᒡ ᐃᑦᑭᑦᐃᐅᐃᓇᑦ ᑲᓇᑕ 1.833.456.4566, ᐃᓱᑦ ᐃᒪ ᑭᑭ ᐃᓯᔭᐃᑲᒥᑯᑉ ᐃᒪ ᑭᑕᓱᕿᐃᓂᒡ ᐊᑯᓯᐃᑲᒥᑯᑉ, ᓇᑦᑕ ᑲᓄᒡ ᐊᑯᓯᐃᑲᒥᑯᐃᑕᐸᑦᓯ

ᐃᑦᑭᑦᐃᐅᐃᑦ ᑕᑲᑦ ᐃᐯ ᐅᒋ ᓂᑦᓯᑎᓱᐃᑦ ᑭᑭ ᐃᓯᔭᐃᑦ ᐅᑲ ᑭᐱᑎᓂᕿᐃᑦ:

ᑲᒪᑲᑎᐃᓯᐊᑦ ᐅᒡᑲᑎᔭᑦ ᐃᑦᑭᑦᐃᐅᐃᑦ ᒪᒋᑭᑐᓂᒡ ᐊᑭᑕᓱᑦ
1-833-294-8650 (9am-10pm)

ᑭᑭ ᐃᑦᑎᔭᐃᑦ ᐃᑦᑭᑦᐃᐅᐃᓇᑦ ᑲᓇᑕ
1-833-456-4566 (24/7) ᓇᑦᑕ ᒪᒋᑭᑐᓂᑦᓯᑦ ᐃᓱᒪᓯᓇᑦᐊᒪᕿᑦ 45645 (4pm-12am)

ᐊᐊᓱᓂᑦ ᐃᑦᑭᑦᐃᐅᐃᑦ ᒪᒋᑭᑐᑦ
1-800-668-6868 ᓇᑦᑕ ᒪᒋᑭᑐᓂᑦᓯᑦ ᐃᓱᒪᓯᓇᑦᐊᒪᕿᑦ ᐃᒪ ᐊᑭᑕᓱᓂᒡ 686868

ᐊᓂᓱᓂᓂᐊᑦ ᐅᐸᑯᓂᒧᓂᐊᑦ ᒥᓄᔭᐃᓂᒡ ᐃᑦᑭᑦᐃᐅᐃᑦ
ᒪᒋᑭᑐᓂᒡ ᐊᑭᑕᓱᑦ 1-855-242-3310 ᓇᑦᑕ ᒪᑯᓇᑦ
ᒪᒪᑕᐊᑦᐱᑯᑉ ᑲᑕᓱ ᐊᔭᒥᒻᐃᑎᓇᓂᐊᑦᑦᓯ

ᓇᓯᑦᐊ (naseeha.org)1-866-627-3342
ᒥᓯᐅᑉ ᐱᒪᑎᓱᓂᔭᑦ 1-877-330-6366

ᐊᓂᒥᔭᐃᑦ ᐅᑲ ᑭᒋ ᐃᓯᔭᐃᑦ
ᐅᑦᒡᐃᐅ ᒪᑯᓇᑦ ᒪᒪᑕᐊᑦᐱᑯᑉ
ᑲᑕᓱ ᐊᔭᒥᒻᐃᑎᓇᓂᐊᑦᑦᓯ

ᓇᑦᑕ ᐃᓱᑭᑎᑦ ᐊᓂᒥᔭᐃᓂᒡ ᒪᒋᑭᑐᑦ ᐊᑭᑕᓱᓂᒡ ᐃᒪ ᑭᑕᓱᕿᐃᓂᒡ ᐃᓇᕿ

ᐅᓂᑭᒻᐃᑯᒪᒡ, ᑎᐯᑦᒋᕿᐃᓇᑦ ᕿᐃᒋᑭᕿᑦᑕᒧᐊᑦ ᑲᐃᒋ ᑭᒋᓐᑦᑕᑯᓯᔭᒡ ᐃᒪ ᓂᑦᓯᑎᓱᐃᓂᒡ ᑭᐱᑎᓂᕿᐃᑦ, ᑲᓇᐊᐸᑦ ᒥᓯᐅᑉ ᐃᐅᑉ ᐃᑕᒪᕿᐊᓯᓇᒻᐃᑲᑦ.

ᑲᔭᒋᑦ; ᑭᐱᑎᓇᑦ; ᓇᕿᐯᒡᑐᑦ: ᐃᐅᑉ ᓂᑦᓯᑎᓱᐃᑦ ᑭᐱᑎᓂᕿᐃᑦ
ᑭᑭᓄᓂᐅᐊᓯᓇᒻᐃᑲᑦ ᐃᕿᓂᐊᒡ ᐅᒋ ᐅᓂᑭᒻᐃᑯᒪᒡ ᐅᑲ ᑎᐯᑦᒋᕿᐃᓇᑦᒥᑲᑦ

School Mental Health Ontario
Santé mentale en milieu scolaire Ontario

www.smho-smso.ca