

Hello,

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We hope that you are as well as can be expected in these uncertain and unsettling times. Please know that we are thinking about you and are hoping that you are looking after yourself in the best way you can. We are all experiencing a range of very normal reactions to an abnormal event and are reaching out to you to help you take care of yourself.

**Your Guidance and Student Success support team at Banting:**

Mr. Runnalls (A-C): [krunnalls@scdsb.on.ca](mailto:krunnalls@scdsb.on.ca)

Ms. Doney (D-K): [sdoney@scdsb.on.ca](mailto:sdoney@scdsb.on.ca)

Mr. Bowman (L-O): [sbowman@scdsb.on.ca](mailto:sbowman@scdsb.on.ca)

Mrs. Evans (P-Z): [revans@scdsb.on.ca](mailto:revans@scdsb.on.ca)

Mrs. Rennie: [jrennie@scdsb.on.ca](mailto:jrennie@scdsb.on.ca)

**Below is a list of community resources that you can access should you require additional support:**

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

You can phone: 1-800-668-6868

You can text: Text 686868 and type the word "Connect" in the message area.

You can live chat: <https://kidshelpphone.ca/live-chat>

Please note that the Kids Help Phone services are available 24 hours a day/7 days a week, *except* for the Live Chat option which is only available from midnight to 7 a.m..

- **New Path Walk-In Clinic:** due to the current situation, New Path is offering telephone counselling only. Call 705-725-5656 or 1-888-566-7656.
- **Mind Your Mind:** [www.mindyourmind.ca](http://www.mindyourmind.ca)

Mind Your Mind exists in the space where mental health, wellness, engagement, and technology meet. They work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience. There is a special section on the website that provides advice on how to remain healthy during the Covid-19 pandemic.

- **School Mental Health Ontario (SMHO):** <https://smho-smsso.ca/students>

SMHO doesn't offer counselling, but is a valuable resource for tips on how to support mental wellness, and has a special section on how to cope during the Covid-19 pandemic.

- **Canadian Mental Health Association/York Region South Simcoe:** 1-866-345-0183 offers telephone counselling Monday-Friday from 8:30 a.m. to 4:30 p.m..
- **Kinark Crisis Line:** 705-728-5044 provides counselling to support mental wellness with a focus on students with special needs, such as autism.

Again, we sincerely hope that you are as well as can be expected. Please don't hesitate to reach out should you need support.

All the best to you and stay safe,

Mr. Runnalls  
Ms. Doney  
Mr. Bowman  
Mrs. Evans  
Mrs. Rennie

**P.S. Please remember to check your school email regularly.**

