

Talking About Mental Health June 2018– **Successfully Shifting from School to Summer**

The weather is getting warmer, days are getting longer and summer is just around the corner. It is an exciting time of the year but it can also be a struggle. There is often an increasing restlessness, distractability and anticipation as the end of the school year approaches. School is wrapping up and it is time to think about how to have a good transition from school routines to summer vacation.

The shift from school year to summer break is easy for some, but more challenging for others, particularly those children and youth who experience anxiety or have difficulty with transitions.

A good transition to summer is important and can lead to a more positive, fun summer experience.

Here are some practical tips to make a smooth transition from school to summer:

Post the summer schedule. Have your child or youth contribute to a family calendar. Be sure to note blocks of unscheduled time as well.

Make a list of places and people to visit when time permits and the mood strikes. Summer is a good time to stop by the library, bike trail, or concert-in-the-park that you can't seem to get to during the school year.

Prepare your child for their scheduled activities. If possible, visit the locations where they will be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.

Get outside and enjoy the summer. Try to limit the amount of time online, watching TV, or playing video games. Be active and get plenty of sleep and exercise. Being outside, such as going for a walk or playing in the park elevates our mood and makes us feel less anxious.

Looking for Activities To Do:

<http://www.orangeville.ca/parks-and-recreation>

<http://guelph.ca/living/recreation/recreation-programs/>

<https://www.centrewellington.ca/beactive/Pages/Recreation,%20Parks%20and%20Facilities/Community-Guide.aspx>

<http://wellington-north.com/government/departments/recreation>

Hope you have a wonderful, relaxing, fun summer. However, if you find mental health challenges to be increasing or causing more difficulties over the summer, seek out mental health or addiction supports for your child/youth, you and your family.

Summer resources for Mental Health and Addiction supports:

Your family physician and family health teams in Guelph, Wellington, and Dufferin are excellent resources.

Canadian Mental Health Association WWD (CMHAWWD):

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington: : 1 844 HERE 247 (1 844 437 3247)

<http://here247.ca/>

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

Family Counselling and Support Services:

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away.

109 Surrey St E, 519 824-2431.

<http://familyserviceguelph.on.ca/>

KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>

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