

## Surrey Schools Mental Health Videos



Surrey Schools has created a series of videos to support you in discussing these important mental health and wellness topics with your children.

All of the videos are available in English, French, Punjabi, Arabic and Mandarin, and all have closed captioning.

The topics/themes covered in these videos include:

- You are Not Alone
- Coping with Stress and Anxiety
- Navigating Life Changes
- Digital Stress
- Healthy vs Unhealthy Stress
- Health and Wellness
- Healthy Relationships
- Body Image

The videos are intended to engage you and your family in a variety of mental health topics. They are not meant to identify specific problems. If you are seeking specific information, please speak to the counselling team or administrator in your school.

After you have viewed the videos, you may want to engage your child/children in a discussion about them. For example, you may ask them:

- What are some things you learned from the video?
- How did the video make you feel?
- What are some questions you have after watching the video?
- In addition to us (as your parents/caregiver), who else could you talk to about these topics?
- What are some good suggestions that you liked in the video that you may want to try and practice?
- After watching the video, what is important for me to know or pay attention to?

### Reach out if you need support

The topics for these videos were identified by our school-based counsellors as subjects that are relevant to students, and cover issues that are important for childhood development. We also know some challenges can be overwhelming for students and families – we encourage you to consult a health professional or your school counsellor if you need any additional support.



Some community resources that may also be helpful include:

1. [START: 1-844-START1](#)
2. [Kid's Help Phone: 1-800-668-6868](#)
3. [Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444 \(toll-free\)](#)
4. [Crisis Line for Indigenous Elders, Adults and Youth: 1-800-588-8717](#)
5. [Youth in BC](#)
6. [Child & Youth Mental Health](#)

Scan this QR code to view the videos & access additional resources

