

# **MEDIA RELEASE: FOR IMMEDIATE RELEASE**

OUR VISION

**Catholic Education † Future Ready**

*Thursday, October 22, 2020*

**Catholic Education Centre**  
420 Creek Street  
Wallaceburg, ON N8A 4C4  
Telephone: 519-627-6762  
Facsimile: 519-627-8230  
Website: [www.st-clair.net](http://www.st-clair.net)

**Director of Education**  
Deb Crawford  
519-627-6762, ext. 10241  
Email: [media@st-clair.net](mailto:media@st-clair.net)

**Chair of the Board**  
John Van Heck  
519-627-5746

*For further information regarding  
this release, please contact:*

**Mental Health Lead**  
Christine Preece  
[chris.preece@st-clair.net](mailto:chris.preece@st-clair.net)

**Supervisor –  
Communications and  
Community Relations**  
Todd Lozon  
519-627-6762 Ext. 10243  
Email: [todd.lozon@st-clair.net](mailto:todd.lozon@st-clair.net)

## ***MENTAL HEALTH SUPPORTS AVAILABLE TO HELP INDIVIDUALS AND FAMILIES DURING COVID-19***

There is no question, the COVID-19 pandemic is having an impact on mental wellbeing. For some, it can affect learning, or cause significant emotional issues.

“These are stressful times, not just in our schools, but in our families and across the wider community,” says Deb Crawford, Director of Education. “The COVID-19 pandemic brings new challenges and trials almost every day.”

St. Clair Catholic is here to support students, families and staff. Students or caregivers seeking immediate mental health supports can text 226-402-1593; or visit the Mental Health and Wellbeing web page on the Board website at:

<https://www.st-clair.net/mental-health-home.aspx>

St. Clair Catholic counsellors work collaboratively with families to respond to student needs for counselling. Students, parents/guardians and caregivers can either be referred by a classroom teacher or self refer. The self referral form can be found at <https://forms.gle/nb3kDmHje4ATYSYA7> Individuals who submit the form will receive a call within 72 hours.

For further information on mental health and wellbeing supports from St. Clair Catholic, contact Christine Preece, the Board’s Mental Health Lead [chris.preece@st-clair.net](mailto:chris.preece@st-clair.net)