



F. E. Madill Secondary School

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Tel: 519-357-1800 Fax: 519-357-4137
Guidance Fax 519-357-2813
Web: femadill.com



Mrs. Marie McDade
Principal

Mrs. Janice Shore
Vice-Principal

Mrs. Helena Finch
Vice-Principal

March 9, 2018

Dear Parents/Guardians and Students:

We realize that it has been a difficult time after the loss of a friend and former schoolmate, Lexi Brown. At school, students have had an opportunity to engage in healing activities. They have shared thoughts and feelings with staff, and counsellors when necessary. For most, grieving has begun in a positive way, but more resolution may be needed.

With March Break upon us, our youth will need wellness monitoring by families. They will benefit from structured activities and regular adult contact. They may welcome a chance to share their thoughts and feelings with you.

For some youth, this is not enough. You may be concerned about your child. Youth with reactions that disrupt their daily functioning should be referred to a mental health professional. You should consider seeking support from community agencies listed below if you notice any of the following in your child:

- Your child has difficulty sleeping
- Your child has become more withdrawn
- Your child is engaging in risky behaviours such as drug or alcohol use
- Your child is talking about self-harm, or harm to others
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In our community, the following resources are available:

- Your family physician
- Huron Perth Centre for Children and Youth. Clinton 519-482-3931. Listowel 519-291-1088. Ask for Timely Access. Staff are prepared to give priority to FE Madill students and families.
- Choices for Change (substance misuse counselling) 519-271-6730 or 1-877-218-0077
- Kids Help Line 1-800-668-6868
- **24/7: Huron Perth Helpline and Crisis Response Team 1-888-829-7474**
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For more information on local services, please see the attached.

Marie McDade,

Principal.



Helpers in Your Community

Find help in your community www.southwesthealthline.ca or www.211ontario.ca

Organization	Telephone Number or Email Address
Children's Aid Society Huron Perth Children's Aid Society Goderich Bruce Grey Child and Family Services	1-800-265-5198 1-877-552-4453
Telehealth Ontario Free medical advice	1-866-797-0000
Family Health Teams Please note some family health teams have social workers attached	Contact your family doctor for more information
Sexual Health Clinics Huron County Health Unit Grey Bruce Public Health Unit Sexual Abuse Treatment	519-482-3416 519-376-9420 519-272-8210 ext 2570
Choices for Change Substance Abuse Counselling	519-271-6730
Domestic Violence Optimism Place Huron Women Shelter The Women's Centre (Grey and Bruce)	519-301-5310 519-524-6245 519-371-1600 or 1-800-265-3722
Emergency Shelters temporary shelter in a Safe Home when the youth has no other viable alternative and mediation between youth and their parents/caregivers Huron Safe Homes for Youth	519-235-0433
Victim Services Huron County provides short term emotional support, practical assistance and community referrals to victims of crime, trauma and tragic circumstance. Victim Services Perth, Bruce, Grey	519-600-4108 1-888-577-3111

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Organization	Telephone Number or Email Address
Emergency (only if someone is at imminent risk or requiring police or medical intervention)	911
Police Non-emergency numbers OPP Wingham Police	1-888-310-1122 519-357-1212
Teen Line	1-800-668-6868 www.kidshelpphone.ca
Canadian Mental Health Association Huron Perth Grey Bruce	1-888-875-2944 1-877-470-5200
Huron Perth Helpline and Crisis Response Team This program provides a 24-hour crisis phone service. Seven day per week crisis assessments and brief crisis therapy.	1-888-829-7484
Huron Perth Centre for children and youth Counselling service for children and youth who may be struggling with mental health issues. Clinton Listowel	519-482-3931 519-291-1088
Keystone Child Youth and Family Services Health promotion services, mental health assessment, counselling and treatment for children, youth and families. Grey and Bruce County	519-371-4773