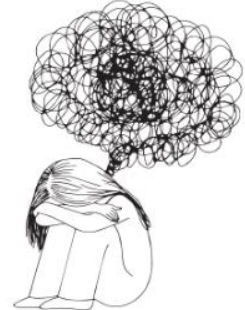


Niagara Region Public Health School Health Newsletter

January 2023

Helping Youth Cope with Social Anxiety

Social anxiety can be common in youth who may have felt socially isolated over the past year and a half. It is normal to feel shy, self-conscious, or nervous in social situations. For example, getting the jitters before giving a speech is perfectly normal. However, if your child has social anxiety, they might worry for weeks ahead of time, say they are sick to get out of it, or they may feel shaky or faint during the speech.



Signs of Social Anxiety:

- Blushing, sweating, dry mouth, rapid heartbeat, shaking, tightness in the chest
- Avoiding social gatherings
- Avoiding eye contact
- Worrying excessively
- Refusing to go to school

If your child is experiencing social anxiety, and their nervousness persists, affects concentration or causes panic, have connect them with a health care provider as soon as possible.

Useful Anxiety Resources:

- [How to talk to your Child about Anxiety](#)
- [Anxiety in Youth - Anxiety Canada](#)
- [Social Anxiety Disorder | CAMH](#)

Local supports – Food and Shelters

FOOD BANKS: [FeedNiagara](#) consists of 10 organizations across Niagara to support access to food. Over 40% of those receiving support from Niagara based food banks are children. For some, yesterday's full table doesn't mean a full table today.

If you are looking for support, please visit [feedniagara.ca](#). This website also translates into the following languages: Arabic, Chinese, Dutch, French, Korean, Polish, Portuguese, Russian, Spanish and Ukrainian.

SHELTERS: [Start Me Up Niagara](#) offers services and programs to support challenges such as poverty, homelessness, unemployment, disabilities, addictions and mental health issue. For more information on their housing program, visit [Start Me Up Niagara's Housing Services](#) or [Niagara Region shelters](#).



Know Your Health Care Options

We know how overwhelming cold and flu season can be for parents and caregivers. If you or your child is sick and you are not sure what to do, just know there are many healthcare services available in our community.

Visit [Niagara's Health Know Your Options](#) or www.niagarahealth.on.ca for more information.



LOOKING FOR A FAMILY DOCTOR? Visit [Niagara Region's Find-a-doctor](#) to see a current list of doctors accepting patients.



Educational Resources

Bell Let's Talk Day

The 13th annual Bell Let's Talk Day will take place Wednesday, January 25 2023. Bell Let's Talk funds Canadian mental health initiatives and organizations all year long that create positive change by promoting mental health awareness, acceptance and action. Click below for tools to have this Bell Let's Talk Day:

- [Tools to start a conversation about mental health](#)
- [Tools for the Classroom](#)
- [Bell Let's Talk Toolkit](#)
- [Support Resources](#)

Let's all keep talking and taking action to create positive change for mental health in Canada!

Mental Wellness Teaching Tools

The School Health team has a new "Supporting mental wellness" section of their teaching tools! These evidence-based resources focus on promoting positive mental health in classrooms and beyond.

Visit <https://www.niagararegion.ca/health/schools/curriculum/default.aspx> and scroll down to our **Supporting Mental Wellness** section under the Elementary teaching tools.