




COVID-19: Back to school support





Back-to-school previously signaled a time of renewal and change, exciting families and most post-secondary students as they prepared for the new school year and their continuing journey and growth into adulthood. In 2020, that excitement has been coupled with anxiety and in some instances fear for students, parents, educators and others who work in and around schools.

Although physical distancing and wearing face masks have become common practice for many, there are notable differences and procedures in educational policies from province to province and across different regions and municipalities. In some instances, different education institutions have adopted varying policies with respect to attendance and in-person schooling including, full-time in-person attendance, fully remote or online classes, and a blended approach combining multiple adaptations of both in-person and remote or online learning.

Although these options may be understood by parents and educators, they may be confusing for students who are hoping a return to class and/or the beginning of their post-secondary education signaled a return to normalcy. They may be apprehensive, anxious or even fearful of entering into new surroundings or returning to an environment of uncertainty and evolving changes. These feelings can be amplified for students with pre-existing medical or mental health concerns. Students may be highly sensitive to additional policies or procedures if anyone in their life has been directly or indirectly impacted by COVID-19.

 **Phone**
Call us for support through our phone service
Call **1-800-663-1142**

 **Homeweb**
Get access to tools, resources, and support online
Go to **Homeweb.ca**

 **Homewood e-AP**
Get support right now through our Mobile App
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In some instances, people may feel uncomfortable when hearing the word “counselling.” That’s OK. Basically, counselling is talking to someone who specializes in the concerns facing young people. We think of counselling as a confidential and private conversation with a trusted individual, who won’t judge, and who wants to help. As an additional resource, further support may be available through student health services or similar programs. Please share with the young people in your life who may be experiencing stress, anxiety or trepidation about their return to school. Specialized support services include but are not limited to:

- Anxiety
- Depression
- Grief and Loss
- Financial
- Relationships
- Stress
- Nutrition
- Life Changes
- Health and Wellness