



Access to services

Locating child and youth services in schools allows issues to be **addressed earlier**, and prevents them from escalating and impacting a student's ability to succeed in school and throughout life.



Supporting Island children and their families to be the best they can be.

How can I access my school's team?

The Student Well-being Teams work in all schools. You can approach a team member, school staff member or refer yourself.

Other support persons connected to you can also make a referral by visiting our website and completing the online referral form.

Our teams work year-round. Please visit our resources link on our website for more information on the **Student Well-being Team Drop-in Clinics**.

For more information, contact us at:
Toll free 1-833-SWT-WELL (798-9355)
SWT@gov.pe.ca

Student well-being teams are a collaborative government program between Education, Health and Justice.



PrinceEdwardIsland.ca/**StudentWellbeingTeams**



DPCEC-4655

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Purpose

Student Well-being teams help students build strength in the area of mental, social and physical health.

They support children and youth to deal with issues like mental health, sleep, exercise, food, screen time, family or relationships.

Team members help students understand what they are going through and provide them with tools to deal with life's challenges.



Teams include trained professionals who have experience working with children and youth. They include:

- *Student Well-being Social Workers*
- *Student Well-being Registered Nurses*
- *Student Well-being Outreach Workers*
- *Student Well-being Family Support Workers (Bluefield and Montague Family of Schools)*

We are connected to the Public School Branch Student Services Department and the La Commission scolaire de langue française.

What do the teams do?

Student Well-being Team members work with teachers and the school's student services team to help students reach their full potential and navigating them through life's challenges.

Teams provide presentations, individual and group interventions, and well-being activities that focus on prevention and early intervention.



What can students expect?

Student Well-being Teams are student and family-centred. When a student and/or caregiver(s) meet with a team member, they can expect to be listened to and understood.

We can provide support in the following areas:

- *Managing big emotions*
- *Anxiety and Depression*
- *Social skills*
- *Parental/Caregiver support*

Guiding Principles

1. Student and family-centred

The Student Well-being Teams put the student and family at the center of their approach. Teams strive to build on the strengths of the student and to make accessing and receiving services as easy as possible.

2. Easy Access

Students and families can self-refer by visiting our website and completing the online referral form, or they can approach a team member or a trusted school staff member.

3. Early Intervention

Every effort is made to meet the needs of students and families as early as possible and in the least intrusive manner.

4. Collaboration

Student Well-being Team members work with families, school staff and community agencies to meet the needs of their students and families.



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