

HWDSB

We Help.

Help us Build Caring School Communities

At Hamilton-Wentworth District School Board (HWDSB), we know that we all need help at times. Our [We Help campaign](#) will ensure that students, staff and families know that we can all help others find the help they need.

Staff work hard to make schools safe, welcoming and accepting places. Still, students may not always feel comfortable speaking with adults about their concerns. We Help strives to encourage helping and help-seeking behaviours, so we all know how to help each other.

We will share this message in a variety of ways. You may notice new posters on HWDSB websites and in your child's school. (Images of the posters are found below.) The posters, designed with student input, are different at the elementary and secondary levels.

At school, students will learn how to recognize when someone is upset, what they can do help and when to involve an adult. At home, families can reinforce this work using the key takeaways below.

If you have questions or wish to learn more, please speak with your child's teacher or principal.

Key Takeaways for Families

If you are worried about a student, talk to someone immediately.

Everyone can help a student in crisis by contacting:

- Someone in your child's school or community
- Kidshelpphone.ca or 1-800-668-6868
- [HWDSB Helps app](#)/text 905-963-0066 (for non-crisis situations)

Learn more at <http://www.hwdsb.on.ca/wehelp>

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WHEN SOMEONE NEEDS HELP,
HOW WILL YOU RESPOND?



We Help.

Worried about a friend?
Talk to someone immediately.

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Suggest how we can help each other using #HWDSBwehelp

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DON'T KEEP IT ALL IN. PEOPLE WILL LISTEN.



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