



Thank you, educators

Schools and the school environment are one of the most important protective factors for the well-being of students and their families. Ottawa Public Health and our entire community are grateful and appreciative of the dedication, hard work and compassion shown by all of you, our educators.

You are providing a safe environment for our kids to learn, grow and be meaningfully connected to others. We know that everyone working in schools has made the health, safety and well-being of students their top priority, and we are witnessing that your efforts are truly making a difference.

As you continue the vital work of educating and enriching the lives of our students, it is imperative that you too are taking steps to protect your mental health and well-being. Please have a look at some tips on how you can support and protect your own mental health [here](#).

It is normal to feel stress during uncertain times. Please know there are supports available internally within your boards and within our community. A complete list of mental health resources and services can be found at OttawaPublicHealth.ca/COVIDMentalHealth

Thank you, educators! You are truly making a difference and improving the lives of students and families.

Thank you!

Dr. Vera Etches, Medical Officer of Health
Ottawa Public Health

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