



Learn. Develop. Succeed.

## **Mental Health and Learning Support**

March 3, 2025

LDS is committed to fostering an inclusive and supportive environment where all learners can thrive. While our primary focus is to provide services and programs that support learning and skill development, we recognize that mental health can significantly influence a person's ability to engage in and benefit from learning opportunities.

- Our programs are designed to focus on learning strategies, skill-building, and creating supportive learning environments.
- We acknowledge the importance of mental health. LDS does not currently have trained mental health professionals and cannot provide therapy, counselling, or clinical mental health support.
- Our team will work to adapt learning strategies to address barriers caused by mental health challenges, such as flexible scheduling or alternative engagement methods when appropriate.
- Our team will do their best to recognize mental health challenges affecting learning. However, learners are encouraged to seek professional assistance for any mental health concerns outside the scope of our learning-focused services.
- If a learner expresses the need for mental health support beyond what we can provide, we will provide information on appropriate community resources, such as mental health services or crisis support.
- Participation in our programs should complement, not replace, professional mental health services.
- We reserve the right to pause or discontinue sessions if mental health challenges are creating significant barriers to participation or progress. This decision will be made with the

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learner's well-being in mind and consultation with them wherever possible. We will encourage learners to return to the program when they are ready.