



THE HONOURABLE AYANNA WEBSTER-ROY  
MINISTER WITH THE RESPONSIBILITY FOR GENDER AND CHILD AFFAIRS  
(OFFICE OF THE PRIME MINISTER)  
13-15 St. Clair Avenue, Port of Spain  
Republic of Trinidad and Tobago TEL: 622-1625

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For Immediate Release

**MEDIA RELEASE**  
**MENTAL HEALTH WORKBOOKS & RESOURCES FOR STUDENTS RETURNING TO SCHOOL**  
**AND AT HOME**



**Caption (L-R)** The Honourable Ayanna Webster-Roy, Minister in the Office of the Prime Minister (OPM) presented the Mental Health and Wellness Workbook to Dr. the Honourable Nyan Gadsby-Dolly, Minister of Education (MOE).

**Port-of-Spain:** The Honourable Ayanna Webster-Roy, Minister in the Office of the Prime Minister (OPM) presented Dr. the Honourable Nyan Gadsby-Dolly, Minister of Education (MOE) with the Mental Health and Wellness Workbook, which was developed by the OPM (Gender and Child Affairs), in collaboration with UNICEF, the MOE (Student Support Services Division), the Ministry of Health, the Children’s Authority of Trinidad and Tobago, and ChildLine. This workbook is part of the national Child Mental Health and School Campaign to help students in their transition back to physical school.



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Forty thousand (40,000) printed workbooks sponsored by UNICEF will be administered in classroom sessions by Guidance Officers from Student Support Services Division. The electronic version is available for download for all children nationwide at [www.opm-gca.gov.tt/ChildZone/MentalHealth](http://www.opm-gca.gov.tt/ChildZone/MentalHealth). This website also contains a video developed in collaboration with the Atlantic Fellows for Health Equity Programme of George Washington University to educate parents, teachers and adults on how they can help their children improve their mental health during COVID-19. Visitors to the website will also discover social media friendly graphic designs to help children improve their mental health.

According to a UNICEF U-Report Trinidad & Tobago poll administered to children during COVID-19 on November 2020, 74% of the children revealed that *'they felt more worried or sad than usual during COVID-19.'* The workbook seeks to educate children on how they can manage their mental health and prepare for their re-adjustment to school. Key features of the interactive workbook include tips, games, quizzes, activities, links to apps, and other useful information to enhance children's mental health. The workbook also includes child rights and child abuse education with contact numbers, websites and social media links for the relevant helplines and referral agencies. Minister Gadsby-Dolly welcomed the initiative of the workbook and has committed to the timely distribution of the workbooks to schools and students across Trinidad and Tobago.

Minister Webster-Roy along with Minister Gadsby-Dolly look forward to continued collaboration, in an effort to strengthen the service delivery of our child protection machinery and secure the mental health and wellness of all students in Trinidad and Tobago.

In supporting the campaign, please look out for our daily mental health tips which will be posted on our social media platforms (Facebook and Instagram) [@genderandchildaffairs](https://www.instagram.com/genderandchildaffairs).

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For further information contact:  
The Corporate Communications Unit  
Tel: 622-1625