

Mental Health & Well-Being Resources For Parents/Guardians

Stress, worry and anxious feelings are an understandable and adaptive response to these stressful situations. This content is designed to give you information about mental health, how you can support your child's good mental health, and, if you are concerned about your child's mental health, where to turn to for help.

Parenting during a pandemic is challenging!

There are many stresses, changes and challenges for us, our children and families and friends. Parents/guardians need support during these times. These resources acknowledge why parenting in a pandemic is challenging, and provide reassurance and ideas of how to manage.

- Guilt, grief, and grace, oh my: Parenting during a Pandemic (Wellness Webinars from Strong Minds Strong Kinds Psychology Canada): (<https://strongmindsstrongkids.org/Public/Resources/Archived-Webinar-Recordings.aspx>)
- Parenting in a Pandemic (CMHO) (<https://cmho.org/parenting-in-a-pandemic-3/>)
- Mindful Parenting in a Time of Pressure and Uncertainty (<https://strongmindsstrongkids.org/Public/Canada-Life/Parenting.aspx>)
- Pandemic Parenting - Multiple recorded webinars (<https://www.pandemic-parent.org/resources>)
- 8 Tips to Help Families Stay Emotionally Regulated (<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml>)
- COVID-19 Parenting Tip 2 - Keeping it Positive (<https://hdsb.ca/our-board/Documents/Coronavirus/Mental-Health-Resources/english-tip-2-covid-19-parenting.pdf>)
- COVID-19 Parenting Tip 4 - Bad Behaviour (<https://hdsb.ca/our-board/Documents/Coronavirus/Mental-Health-Resources/english-tipsheet4-updated.pdf>)
- COVID-19 Parenting Tip 5 - Keep Calm and Manage Stress (<https://hdsb.ca/our-board/Documents/Coronavirus/Mental-Health-Resources/english-tip-5-covid-19-parenting.pdf>)
- "The Complete Guide to Insomnia - and How You Can Manage It" (<https://howtosleep.co.uk/guides/the-complete-guide-to-insomnia>)
- What to Say to Kids When Emotions are Big and Nothing Seems to Work: Strategies (YouTube video: <https://www.youtube.com/watch?v=M7XcHKMV5Mg>)

Mental Health & Well-Being Resources For Parents/Guardians

Strategies for supporting your child's mental health and wellbeing

These resources provide suggestions on how we can take care of our mental health and well-being.

- First Peoples Wellness Circle (<https://www.fpwc.ca/covid-19>)
- COVID 19 Youth Hub jack.org (<https://jack.org/covid>)
- Self-Care 101 for Students (<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>)
- Learning Brain vs. Stress Brain (YouTube video: <https://www.youtube.com/watch?v=KoqaUANGvpA>)
- 5 Ways to Help a Friend (poster: <https://bethere.org/BeThere2019/media/PDFs/Golden-Rules-Poster.pdf>)
- Kids Help Phone Self-Care Checklist (<https://jack.org/getattachment/5e1972fb-708e-4b8e-9596-b739ffa767ed/Liste-de-controle-des-soins-personnels-Jeunesse.aspx>)
- Kids Help Phone - How to calm down when you're stressed (<https://kidshelpphone.ca/get-info/how-calm-down-when-youre-stressed/>)
- 12 Instant Stress Busters (<https://jack.org/getattachment/ef599e48-8822-4b91-8e7f-33348ad4358d/12-Busters-de-stress-instantane-Jeunesse-J-ecout.aspx>)
- Sleep Hygiene - Getting a Good Night's Sleep (<http://www.anxietycanada.com/sites/default/files/SleepHygiene.pdf>)
- Lighthouse Peer Support for Grieving Children, Youth and their Families Information and peer support groups (<http://www.grievingchildrenlighthouse.org/index.php/what-we-do>)
- 3 Ways for Parents and Families to build Resilience During COVID (<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>)
- Grief Support Text and Online Chat Service for adults, children and youth text 289-278-1885 or visit Kemp Hospice grief peer support 7 days a week, 10am-10pm (<https://kemphospice.org/support-line>)
- Nightingale Centre parent, child and youth bereavement support groups 1-519-265-9594 (<https://nightingalecentre.org/programs-services/>)

Mental Health & Well-Being Resources For Parents/Guardians

Supporting your child's mental health & well-being when they are struggling

Available in multiple languages, these online courses provide information about mental health and addictions: ROCK online courses in Mental Health and Addictions (https://rockonlearn.ca/take-a-course/?course_catid=151). As parents, you know your child best. You know when they are not themselves, out of balance or struggling. In addition to the well-being and support strategies above, you can help your child learn new information and practice helpful skills:

- Coping Strategies for Supporting Children and Youth (<http://anxietycanada.com/wp-content/uploads/2019/02/anxiety-bc-coping-strategies-v3-4.pdf>)
- Helpful Thinking Strategies - Challenging Anxious Thoughts (<https://www.anxietycanada.com/articles/helpful-thinking/>)
- Progressive Muscle Relaxation (<https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>)
- 12 Easy and Fun Activities Mental Health Activities for Elementary Students (SMHO) (<https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/>)
- Anxiety Canada.ca (<https://www.anxietycanada.com/>) provides information, videos, and tip sheets on how to cope with and reduce many types of fears and anxieties
- Bounce Back (<https://bouncebackontario.ca/>) is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.
- Mind Your Mind.ca (<https://mindyourmind.ca/>) is a website where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.
- Danielle's Place (<http://www.daniellesplace.org/>) provides prevention and early intervention for youth 8-17 who are at risk of developing an eating disorder.
- Strong Minds Strong Kids (<https://www.strongmindsstrongkids.org/>) information and resources to build coping, stress management and resiliency skills

Mental Health & Well-Being Resources For Parents/Guardians

Where can I get help for my child's mental health?

At school, speak to your child's teacher or other trusted staff person. Your teacher, other school staff and child and youth counsellors and social workers are available to help.

How to Work with your School to Access Support for your Child's Mental Health:

(<https://smho-smso.ca/parents-and-families/take-action/how-to-work-with-your-school-to-access-support-for-your-childs-mental-health/>)

In the community for counselling:

- Reach Out Centre for Kids (<https://rockonline.ca/>) Live Answer 289-266-0036; Virtual Walk-In ; Live Chat
- We Matter - Indigenous Youth Support (<https://wemattercampaign.org/>) An Indigenous youth-led nationally registered organization dedicated to Indigenous youth support, hope and life promotion
- Black Youth Helpline (<https://blackyouth.ca/>) 416-258-9944- 9 am- 10pm every day
- Taibu Community Health Centre (<http://taibuchc.ca/en/services/>) 416-644-3536
- LGBT+ Youthline (<https://www.youthline.ca/>) 647-694-4275
- Positive Space Network (<https://positivespacenetwork.ca/>)
- Indus Community Services (<https://induscs.ca/>) 905- 275-2369
- First Peoples Wellness Circle (<https://www.fpwc.ca/>)
- SAVIS (<https://www.savisofhalton.org/>) Tel: (905)825-3622, e-mail: savis@savisofhalton.org Support for violence or sexual violence in intimate relationships, including trafficking
- ADAPT Halton (<https://haltonadapt.org/about/>) for youth wanting information or help to manage drug, alcohol or gambling concerns
- Sioutreach.org (<http://sioutreach.org/>) Information and coping strategies for self-harm/self-injury
- Radius Child & Youth Services (<https://radiuschild-youthservices.ca/>) specializes in working with children, youth, and families who have experienced sexual, physical, or emotional abuse, neglect, or witnessed intimate partner violence.
- Punjabi Community Health Services (<https://pchs4u.com/optimized/index.html>) For information call 905-677-0889 ext. 221

Mental Health & Well-Being Resources For Parents/Guardians

For crisis support:

- ROCK Crisis Line at 905-878-9785 available 24 hours a day/7 days a week
- KidsHelp Phone (<https://kidshelpphone.ca/>) Call a Counsellor: 1-800-668-6868; Text a Counsellor: 686868; Live Chat: <https://kidshelpphone.ca/live-chat/>
- Family doctor
- Emergency Room
- Police - MHERT or COAST team
- Halton Children's Aid Society if you or another child/youth are under the age of 18 and require support and protection Toll Free: 866.607.KIDS (5437) Phone: 905.333.4441 Fax: 905.333.1844 TTY: 711 (TTY to Voice)
- Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) (<https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth>) 416-535-8501, press 2. Self-referrals, Community Referrals, and Physician Referrals. Servicing youth between the ages of 14-24 struggling with mental health and substance issues. Individual, Family and Group support.
- Roots Community Services (<https://rootscs.org/>) for children, youth, families who identify as Black, and are from African and Caribbean backgrounds. Culturally responsive counselling is provided.



<https://www.psychologytoday.com/us>



jack.org



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Kids Help Phone 



<https://www.anxietycanada.com/>



Center on the Developing Child
HARVARD UNIVERSITY



Mental Health & Well-Being Resources For Parents/Guardians



<https://blackyouth.ca/>



<https://www.youthline.ca/>

PSN



Radius Child & Youth Services™
PREVENTION • INTERVENTION • RESEARCH

<https://www.camh.ca/>

WE MATTER

