





## Student/Parent/Guardian Mental Health Resources During School Board Closure

Site Name	Site Address	Site Description
 <p>1 800 668 6868 Kids Help Phone kidshelpphone.ca</p>	<p><a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a> 1-800-668-6868</p>	<p>Youth in need of health support have access to trained counsellors 24/7 by phone or online. Additional resources also available.</p>
 <p>THE PSYCHOLOGY FOUNDATION OF CANADA LA FONDATION DE PSYCHOLOGIE DU CANADA</p>	<p><a href="https://psychologyfoundation.org/Public/Parents/Content/Parents/Parents.aspx?hkey=eba1572a-bff7-41fc-b74a-dca79be49c2b">psychologyfoundation.org/Public/Parents/Content/Parents/Parents.aspx?hkey=eba1572a-bff7-41fc-b74a-dca79be49c2b</a></p>	<p>Psychology Foundation of Canada - Parent Resources The Psychology Foundation of Canada (PFC) is a registered charity with a 40+ year history of nurturing resilience in children.</p>
 <p>School Mental Health Ontario Santé mentale en milieu scolaire Ontario</p>	<p><a href="https://smho-smso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/">https://smho-smso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/</a></p>	<p>Provides information to support youth mental health during COVID-19.</p>
 <p>mindyourmind</p>	<p><a href="https://mindyourmind.ca/">https://mindyourmind.ca/</a></p>	<p>Mindyourmind exists in the space where mental health, wellness, engagement and technology meet. They work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.</p>



<https://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>

The Resources include ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take.

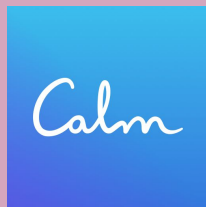
<http://teenmentalhealth.org/product/tips-for-routine-during-covid-19/>

This resource provides tips and coping strategies for youth that may be helpful during COVID-19.






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

Anxiety Canada provides information and resources to support youth and adults manage anxiety. The Mindshift app can be accessed here.



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

This is an app designed to help people with sleep, meditation and relaxation.

	<p><a href="http://gersteincentre.org/">http://gersteincentre.org/</a> 416-929-5200</p>	<p>Gerstein Crisis Centre provides crisis intervention, wellness and recovery activities, as well as training and education. Please note that during COVID-19 closures, interventions will be by telephone only.</p>
	<p><a href="https://www.torontodistresscentre.com/">https://www.torontodistresscentre.com/</a> 416-408-4357</p>	<p>Distress Centres of Greater Toronto provides 24-hour support, 7 days a week, 365 days a year to individuals in the community at risk and their most vulnerable. Please note that during COVID-19 closures, interventions will be by telephone only.</p>
	<p><a href="https://www.connexontario.ca/treatment-information-service-call">https://www.connexontario.ca/treatment-information-service-call</a> 1-866-531-2600</p>	<p>ConnexOntario provides free and confidential health services information 24/7, for people experiencing problems with alcohol and drugs, mental illness and/or gambling. They are funded by the Government of Ontario. Please note that during COVID-19 closures, interventions will be by telephone only.</p>