



# Student Mental Health ACTION KIT

## PARENT, CAREGIVER AND FAMILY VERSION



School  
Mental Health  
Ontario



Professional  
Support Services



# Introduction to the Student Mental Health Action Kit

During these challenging times, you may be worried about your child(ren)'s mental health and well-being. They may be:

- Scared of getting sick
- Confused about changes to schedules and routines
- Sad or lonely because they miss their friends
- Disappointed to miss something they were looking forward to.

Some or all of these feelings can be expected at this time.

This Action Kit has information about ways you can help support your child(ren)'s mental health and well-being, including answers to important questions, useful resources and how to get help.

# This Kit Contains Answers and Resources to Address the Following Questions:

- How can I keep my child or teen mentally well during the COVID-19 pandemic?
- What are the signs my child or teen might be struggling with their mental health?
- How do I support my child with their mental health?
- How can I access help for my child or teen's mental health?





# How Can I Keep My Child or Teen Mentally Healthy During the COVID-19 Pandemic?

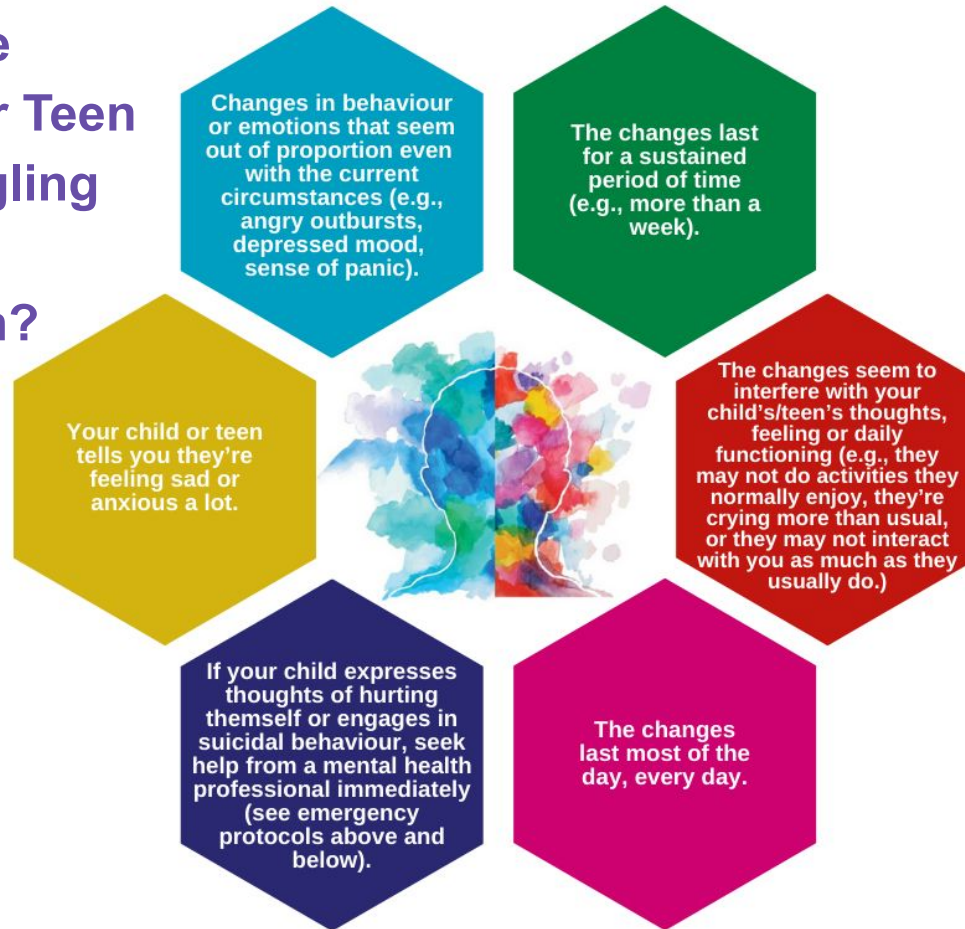
**Tip Sheet for Parents and Families**



**Supporting Mental Health  
and Wellness During the  
Return to School**



# What are the Signs My Child or Teen Might Be Struggling With Their Mental Health?





# How Do I Support My Child With Their Mental Health?

The first step is to talk with your child or teen. Here are some tips on how to talk to your child or teen when you feel concerned they may be struggling with a mental health problem.

If they tell you anything that makes you worried (e.g., thoughts of suicide, overwhelming anxiety, self-injurious behaviour like cutting) reassure your child that you are glad they told you and you will help them find the right professional to talk to, and you will be there for them throughout the journey.

Children's Mental Health Ontario has prepared tips on talking to anxious children about COVID-19.



# How Can I Access Help For My Child or Teen's Mental Health?

## Accessing TDSB Supports:

1. If you have concerns about your child or teen, start by connecting with their teacher or school administrator (e.g., principal/vice-principal)
2. Referrals for additional supports can be made through your local School Support Team (i.e., teacher, vice-principal, principal, special education, guidance, Professional Support Services (PSS) staff)

PSS staff include: Social Work, Psychology, Speech-Language Pathology, Child and Youth Services & Occupational/Physiotherapy



# How Can I Access Help For My Child or Teen's Mental Health?

- Children and teens can speak with a counsellor 24/7 by calling Kids Help Phone at 1-800-668-6868 or texting CONNECT to 686868.
- Contact your family doctor to ask about local services you may be able to access.
- Children's Mental Health Ontario agencies are open and providing support to children and youth virtually and by phone. No physician referral is required and no OHIP card is necessary to access services.  
[Find a Children's Mental Health Centre in your community.](#)





# How Can I Access Help For My Child or Teen's Mental Health?

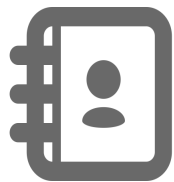
- The Hope for Wellness Help Line offers mental health counselling and crisis intervention to all Indigenous peoples across Canada.
- The Métis Nation of Ontario (MNO) offers a 24-hour Mental Health and Addictions Crisis Line with culturally specific mental health and addiction supports for adults, youth, and families in Ontario in both English and French, please call: 1-877-767-7572.
- To look up the services available in your area use Ontario 211 .
- Try the Kids' Help Phone Resources Around Me.

# In Case Of An Emergency:

If you or someone you know is experiencing a mental health or substance use emergency, **call 9-1-1** or **go to the emergency room of your local hospital**. Even in these unusual times, it is important to get the immediate help that you need. There are people ready and available to help.

If you are not sure if it is an emergency, or just need to talk through the situation, consider reaching out to **Telehealth Ontario at 1-866-797-0000**, or the distress line or mobile crisis team in your area.



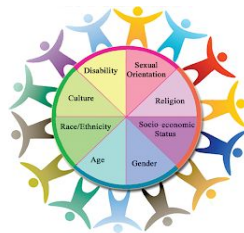


# Important Contacts



Ontario

Kids Help Phone



what's up  
walk in

 **Black Youth Helpline**  
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE



Children's Mental Health Ontario  
Sant  mentale pour enfants Ontario

**FEELING SAD OR DISTRESSED?**

Support is available for all Indigenous People in Canada



Talk to a qualified counsellor by  
phone at the First Nations and Inuit  
Hope for Wellness Help Line at  
**1-855-242-3310**

or through online chat at  
[hopeforwellness.ca](https://hopeforwellness.ca)



jack.org





# Helpful Resources

NOW OPEN

[Supporting Mental Health and Wellness During the Return to School: Tips for Parents and Families](#)

[Suicide Prevention Guide for Parents and Families During COVID-19 and Return to School](#)

[Noticing Mental Health Concerns for Your Child](#)

[12 Easy and Fun Mental Health Activities to Try at Home](#)

[Reaching Out: A Resource to Support Student Help-Seeking](#)

[Self-Care 101 for Students](#)



# Helpful Resources Continued...

NOW OPEN

[National Association of School Psychologists](#): Parent tips, resources for schools and school mental health professionals

[The Hope for Wellness Help Line](#): Mental health counselling and crisis intervention to all Indigenous peoples across Canada

[Ministry of Education – Learn at home](#): Find supplementary resources for elementary and secondary students to practice math and literacy skills and learn at home

[Youth-focused mental health resources hub](#): An online hub of COVID-19 youth-focused mental health resources from Jack.org, Kids Help Phone and School Mental Health Ontario

[Public Health Agency of Canada](#): Risk level for Canadians, current situation, travel advisories

[Indigenous Services Canada](#): Information for Indigenous communities related to COVID-19 and available supports

[Métis Nation of Ontario](#): COVID-19 updates, information about culturally relevant [mental health and addictions support](#)

The [First Peoples Wellness Circle](#) has put together [a resource with tips for First Nations parents and families on supporting mental wellness of children and young people](#) in their communities.

[Government of Ontario](#): Ontario news, status of cases in Ontario – updated at 10:30 a.m. daily

[World Health Organization](#): Technical documents, questions and answers



# *WELCOME* to the Caregiver & Parent Lounge!



Caregivers and Parents need to take care of themselves, too!

On the next slide you will find a special virtual space that we have created just for you! Please take some time to explore the lounge by clicking on different objects to see where they will take you. Enjoy music, a live aquarium and so much more....



# Caregiver & Parent Lounge

