

**Parent/Caregiver Newsletter**  
**Mental Health Week May 3-7, 2021**  
**Resources and Supports**

The mental health and wellbeing of children and youth, as well as the adults in their life have been deeply impacted by the pandemic. Below are some services and resources for you to consider if you are concerned about your child/youth.

## **HWDSB**

- HWDSB Webpage - We Help: Mental Health and Wellbeing  
Mental Health and Well-being: Helping your Anxious Child –
  - May 5, 2021 from 6pm-8pm <https://bit.ly/2R85EVc>
- Emotion Coaching for Parents and Caregivers – Information Session –Thursday May 6, 2021
  - May 6, 2021 6:30pm [bit.ly/ECCaregiverWebinarMay6](https://bit.ly/ECCaregiverWebinarMay6)
  - May 13, 2021 1:00pm [bit.ly/ECCaregiverWebinarMay10](https://bit.ly/ECCaregiverWebinarMay10)
  - May 27, 2021 6:30pm [bit.ly/ECCaregiverWebinarMay27](https://bit.ly/ECCaregiverWebinarMay27)
  - June 2, 2021 9:00am [bit.ly/ECCaregiverWebinarJune2](https://bit.ly/ECCaregiverWebinarJune2)
- Social Work Services offers consultation, intervention and support in accessing community services, as well as [Treatment groups and Workshops](#). To access support, talk with your child's principal or vice-principal; for students in remote learning, call 905-527-5092 ext. 2802.

## **School Mental Health Ontario (SMHO-SMSO)-Resources for Parents/Caregivers**

- [Tip Sheet for Parents and Families: Supporting Mental Health and Wellness During the Return to School](#)
- [Everyday Mental Health Activities for Home](#)
- [Info Sheet for Parents and Families: Noticing Mental Health Concerns for Your Child](#)
- [Prepare; Prevent; Respond: Quick Reference for Youth Suicide Prevention](#)

## **School Mental Health Ontario (SMHO-SMSO) – Resources for Children/Youth**

- [No Problem Too Big or too Small: A help seeking resource for students by students](#)
- [Self-Care 101 for Students](#)
- [Mental Health Literacy and Anxiety Management Social Media Bundles](#)

## **Crisis Services**

- COAST Hamilton [coasthamilton.ca](https://coasthamilton.ca) Crisis Line (905) 972-8338;  
Mental health crisis outreach and support for all ages.
- McMaster Children's Hospital: Child and Youth Mental Health Emergency Services (CHYMES)  
1200 Main St W, Hamilton, ON L8N 3Z5 - McMaster Children's Hospital Emergency Department  
for youth age 17 and younger.

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# *We Help.*

- Kids Help Phone [kidshelpphone.ca](https://kidshelpphone.ca) Crisis Line 1-800-668-6868; 24/7 counselling and information service for young people.
- Sexual Assault Centre (SACHA) <https://sacha.ca/> 24 Hour Support Line 905-525-4162

## Supports in Hamilton Community

- Alternative for Youth <https://ay.on.ca/>
- The SPACE Youth Centre <https://www.spaceyouth.ca/>  
A youth-led community organization through a collaborative partnership
- Refuge: Hamilton Centre for Newcomer Health <https://newcomerhealth.ca/service/mental-health-support/>
- CONTACT Hamilton [contacthamilton.ca](https://contacthamilton.ca) (905) 570-8888  
Single access point for children and youth (age 18 and under) requiring service for social-emotional, behavioural, developmental and/or mental health needs.
- De dwa da dehs ny (Aboriginal Health Centre)- <https://aboriginalhealthcentre.com/> (905) 544-4320,  
Improving the health and well-being of Indigenous individuals, families and communities through wholistic Indigenous, Traditional and Western health care
- Hamilton Regional Indian Centre <https://www.hric.ca/> (905) 548-9593,  
To provide the Urban Aboriginal People with the tools to achieve a balanced wholistic lifestyle
- Child and Adolescent Services <https://www.hamilton.ca/public-health/clinics-services/child-and-adolescent-services> (905) 546-2424  
Children's mental health program offered by the City of Hamilton to provide health assessment and treatment for children and youth, under 18, and their families.
- Youth Wellness Centre- <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre>  
A safe, accessible environment for young people age 17 to 25 to receive expert mental health and substance use care by self-referral.

## Supports Available on the Web

- Naseeha Mental Health Hotline <https://naseeha.org/> Helpline: 1 (866) 627-3342  
Mental Health workshops, web therapy sessions, and texting mental health support 5 days a week for Muslim and non-muslims.
- Black Youth Helpline <https://blackyouth.ca/> Helpline: 1-833-294-8650,  
Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.
- LGBT Youth Line <https://www.youthline.ca/> 1-800-268-9688 or text 647-694-4275,  
Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.
- Spectrum <https://www.spectrum.ca/>

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Is a Local Support and Community Building for 2S-LGBTQIA+ Youth

- Your Space Hamilton - <https://yourspacehamilton.ca/>

Is a place for youth and families looking for mental health information and supports in Hamilton, Ontario.

- Anxiety Canada <https://www.anxietycanada.com/>

Is a leader in developing free online, self-help, and evidence-based resources on anxiety.

- Trans Lifeline Hotline - <https://translifeline.org/> 1-877-330-6366

Is a peer support phone service run by trans people for our trans and questioning peers.

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