

HWDSB

We Help.

Help your child/teen stay *healthy & safe* over the *summer*

Summer vacation is here, which means children/teens will be spending more time out and about doing fun things with friends. Summer can also mean less supervision.

Here are some tips to keep your child/teen healthy and happy over the summer:



Relieve stress – when your child/teen seems stressed, encourage them to try a stress relief technique such as a power nap, mindfulness practices, visualizing positive places or experiences, deep breathing, listening to music or getting organized.



Talk to someone – if your child/teen is facing a difficult time, encourage them to talk about the way they feel with someone they know and trust. Friends and family may be able to offer practical help or advice and provide another perspective on what is causing the problems. Often just talking something through and feeling there is someone to listen can be a big support.



Build healthy relationships – Building and maintaining constructive relationships with people is an important part of staying mentally well. If your child/teen spends time around positive and supportive people, they are more likely to have a better self-image, be more confident and feel able to face difficult times.



Eat right – work on balanced nutrition. Make sure your child/teen gets plenty of fresh fruits and vegetables, whole grains and protein. It's also important to keep regular meal times to support proper nutrition.



Get exercise – studies show that 30 minutes of activity every day helps improve mood, concentration, as well as physical and mental well-being. Planned activities allow children/teenagers to build positive relationships and behaviours.



Get sleep – the National Sleep Foundation recommends children/teenagers get 8 to 10 hours of sleep per night. Keep a structured schedule to ensure your child/teen gets enough sleep at night.

Summertime usually means more unstructured time. Families should provide supervision to keep a close eye on their child's/teens' activities – including monitoring online social networks. Know their friends and the activities they are participating in, set boundaries and check in regularly. Talk to your child/teen and encourage them to build positive relationships.

Local Supports



Alternatives for Youth www.ay.on.ca

Provides drug and alcohol related services for 12 to 22 year olds & their families.

Centre for Addiction and Mental Health www.camh.ca

City of Hamilton Public Health www.hamilton.ca/public-health

COAST (Crisis Outreach and Support Team) www.coasthamilton.ca

Offers crisis information including 24-hour crisis line and information for youth, adults and seniors.

Contact Hamilton For Children's & Developmental Services

www.contacthamilton.com

Services for children and youth with emotional, behavioural or developmental concerns & adults with developmental disabilities in Hamilton

De dwa da dehs nye>s (Aboriginal Health Centre) – Provide mental wellness services that are culturally safe for all members of the urban community who self-identify as having Aboriginal ancestry. 678 Main Street East (905) 544-4320 <http://aboriginalhealthcentre.com>

Food Bank locations www.211ontario.ca/topic/food

Kids Help Phone www.kidshelpphone.ca

Mindyourmind www.mindyourmind.ca

Youth information, resources, tips and tools to help manage stress, crisis and mental health problems. Includes interactive games, apps, interviews, shared stories, art, writing and videos.

Ontario Mental Health Helpline www.mentalhealthhelpline.ca

Information about mental health services in Ontario.

Youth Line www.youthline.ca

A toll-free phone line, text or online chat to assist lesbian, gay, bisexual, queer and questioning young people across Ontario.

Youth Wellness Centre – Mental health and addiction programs and support available to individuals aged 17-25. Clients can self-refer. (905) 522-1155 x 31725 or email ycintake@stjoes.ca ; www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre. 38 James St S, Hamilton, ON L8P 4W6

Didn't find what you were looking for?

Submit a report using the app and texting service HWDSB Helps and it will be shared anonymously with your school. Someone from your school will be in touch. Learn more at www.hwdsb.on.ca/secondary/supports/hwdsbhelps

You can also browse the Red Book, a directory of community services. (905) 528-8127 or 211; www.informationhamilton.ca/redbook