

Resources and Supports For Children, Youth and Parent/Caregivers January 2022

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.

School Based Supports

HWDSB

- HWDSB Webpage - [We Help: Mental Health and Wellbeing](#)
- 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

- [SMH-ON • With Care • Tip sheet for Parents and Caregivers \(smho-smso.ca\)](#)
- [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](#)
- [Download the complete bundle: Tips for 2SLGBTQI+ student's mental health \(zip file\)](#)

Crisis Services

- COAST Hamilton 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.
- Kids Help Phone 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
- [Barrett Centre for Crisis Support](#): 905-529-7878 or toll-free 1-844-777-3571. 24 hour mental health crisis line.

Supports in Hamilton Community

Services for Children and Youth

HWDSB

We Help.

- CONTACT Hamilton 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.
- 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.

Support for Families

- Your Space Hamilton - <https://yourspacehamilton.ca/> Is a place for youth and families looking for mental health information and supports in Hamilton, Ontario.

Substance Use

- Alternative for Youth <https://ay.on.ca/> 905-527-4469. Substance use and addiction treatment services for youth and their families by phone.
- [Alcohol, Drugs, and Gambling Services Hamilton](#): 905-546-3606 for information, counselling and programs on alcohol, drugs and gambling. Alcohol and drug programs are for people age 23 + and gambling program for those age 12+. Family and friends can also call for information and support.

Newcomer, Immigrants and Refugees

- Refuge: Hamilton Centre for Newcomer Health <https://newcomerhealth.ca/service/mental-health-support/>

Indigenous People

- 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
- [Indigenous Call Centre](#): 905-549-4884, ext. 416. Niwasa Kendaaswin Teg culturally safe call centre that connects Indigenous residents in Hamilton to resources such as food supports and mental health supports
- [Hope for Wellness Helpline](#): 1-855-242-3310. Immediate mental health counselling and crisis intervention for Indigenous peoples by calling or using live web chat [Talk 4 Healing](#): 1-855-554-4325. 24/7 support and resources for Indigenous women in 14 languages by calling or texting.
- [Mental Health & Wellness Tips](#): The Assembly of First Nations resources and tips for mental health and wellness during COVID-19.

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Black Communities

- Black Youth Helpline <https://blackyouth.ca/> 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. Helpline: 1-833-294-8650,
- [Caribbean African Canadian Social Services](#): social services for Black residents, including mental health counselling.
- [Black Youth Project](#): reminders and affirmations to help Black community members through the pandemic.
- [8 Mental Health Practices for People of African Descent while Isolated](#)

Two Spirit, LGBTQIA++Communities

- Spectrum <https://www.spectrum.ca/>
- [LGBT Youth Line](#): peer support to LGBT youth, age 29 and under. Text and online chat.
- 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.

People with Disabilities

- [CNIB](#): free virtual programs for those who are blind or partially sighted, their families, friends and caregivers.
- [Canadian Association of Community Living](#): COVID-19 mental health resources for those with disabilities.
- [Health Care Access, Research, and Developmental Disabilities \(HCARDD\)](#): virtual mental health supports for people with developmental disabilities and their families.

Services Available on the Web

- Internet-Based Cognitive Behavioural Therapy (iCBT) available through [MindBeacon](#) or [Morneau Shepell](#): free online cognitive behavioural therapy to develop skills and strategies to address symptoms of mild to moderate anxiety and/or depression. Online support by a therapist.
- [BounceBack](#): 1-866-345-0224. Free program that provides guided mental health self-help supports for those above age 15 using workbooks, online videos and phone coaching.
- [Big White Wall](#): an anonymous online community where members can support each other 24 hours a day, 365 days a year.
- [Wellness Together Canada portal](#): free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals
- Anxiety Canada <https://www.anxietycanada.com/> Is a leader in developing free online, self-help, and evidence-based resources on anxiety.

Muslim Communities

- 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.