

Resources and Supports for Parents and Caregivers

Read through the document to find resources and supports or click links in the left column to jump to a section.

Individual Supports	<ul style="list-style-type: none"> • Social Work Services provides individual mental health and well-being supports for children and youth in areas such as mental health, personal and family stressors, crisis, and more. 	
Workshops & Groups	<ul style="list-style-type: none"> • Child/Youth Treatment Groups offered by Social Work Services and Psychological Services • Social and Support Groups for Transgender, Non-binary, Gender Non-conforming and Gendering Questioning Children and Youth • Parents/Caregiver workshops and groups offered by Social Work Services, Psychological Services, and in Partnership with Hamilton Family Health Team and Hamilton-Wentworth Catholic District School Board 	
Resources by Topic	<ul style="list-style-type: none"> • Resources from HWDSB for parents and caregivers on a variety of topics including anxiety, depression, developmental disabilities and mental health, emotion coaching and more. 	
Provincial Resources	<ul style="list-style-type: none"> • Resources from School Mental Health Ontario (SMHO-SMSO) to help parents and caregivers with recognizing when to be concerned with your child’s mental health and well-being, everyday mental health activities at home and more. 	
Crisis Services	<ul style="list-style-type: none"> • Community resources and services for those seeking immediate help and support. 	
Community Supports	<ul style="list-style-type: none"> • Services for Children and Youth • Newcomer, Immigrants and Refugees • Indian Residential School Survivors and Family Indigenous People • Two Spirit, LGBTQIA+ Communities • Services Available on the Web 	<ul style="list-style-type: none"> • Substance Use • Indigenous People • Black Communities • People with Disabilities • Muslim Communities

HWDSB School-Based Individual Supports

HWDSB web page - [We Help: Mental Health and Well-being](#)

Social Work Services provides individual mental health and well-being supports for children and youth in the following areas:

- Mental health, such as anxiety or low mood,
- School avoidance and non-attendance, personal or social stressors (i.e., adverse childhood experiences, peer relationship, stress substance use),
- Family stressors that impact the student's functioning at school,
- Experiencing systemic oppression and discrimination (racism, poverty, colonialization, homophobia/biphobia/transphobia, poverty etc.),
- Crisis, such as imminent risk of harm to self or others.

Individual support can include consultation, assessment, intervention and support in accessing community services; and may include a child or youth's circle of care, such as caregivers, teachers, and community service providers and identified caring adults. All services are provided by professional social workers registered with the Ontario College of Social Workers and Social Service Workers and are available in all schools. Services may be provided in person and/or virtually, via MS Teams.

- *To access Social Work Services please contact the Principal/Vice-Principal of your child's school or wehelp@hwdsb.on.ca.*

HWDSB Workshops and Groups

Child/Youth Treatment Groups offered by Social Work Services and Psychological Services

- **AFFIRM:** Is an eight-session Cognitive-Based Therapy informed treatment group specifically for Two Spirit and LGBTQIA+ youth to develop coping skills for anxiety and stress related to experiences of discrimination related to their sexual and gender identities. The goals of AFFIRM are to decrease unhelpful thoughts, feel better about yourself and lives and to make healthy choices for sexual and mental health.
 - *Please contact wehelp@hwdsb.on.ca if you have any questions*

- *TRAILS Anxiety and Depression*: TRAILS (Transforming Research into Action to Improve the Lives of Students) groups are designed to help our children and youth (grades 6 to 12) who struggle with moderate symptoms of stress, anxiety, and/or depression by teaching evidence-based cognitive behavioral therapy (CBT) and mindfulness skills. TRAILS A+D aims to help children and youth develop effective coping skills and strategies to help manage their emotions and choose helpful behaviours. This is a 10-week program that may be offered virtually and/or in person, as public health guidelines allow. Children and youth who might benefit from the group are primarily having difficulty with both anxiety and depressive symptoms/low mood that is impairing their functioning. Children and youth interested in participating should have some awareness of their struggles and would be motivated to improve their coping skills. Parent sessions are also available as part of the program, so that parents have a better understanding of their child's mood and anxiety difficulties and effective strategies to continue to improve overall wellbeing. This is a closed group, and we are currently accepting applications.
 - To access Social Work Services, please contact the Principal/Vice-Principal of your child's school or wehelp@hwdsb.on.ca.
- *Teen Activation Group (TAG)*: TAG is a treatment group for youth (grades 9 to 12) struggling with depression and anxiety who are not ready to access other treatment options. The group is based on Cognitive Behaviour Therapy (CBT) and Behaviour Activation Therapy. The goal of the group is to help child and youth to reduce their depressive and anxious symptoms and increase their overall activity level, so they can access other treatment options or so they no longer require treatment. The group engages in education sessions, as well as social and physical activities. This is an open group and referrals are accepting on an ongoing basis.
 - To access Social Work Services, please contact the Principal/Vice-Principal of your child's school or wehelp@hwdsb.on.ca.

Parent/Caregiver Workshops and Groups offered by Social Work Services, Psychological Services, and in Partnership with Hamilton Family Health Team and Hamilton-Wentworth Catholic District School Board

- *Families Worrying Less Together*: If you are a parent/primary caregiver of a student in grades Junior Kindergarten to Grade 2, or grades 3 to 6, who is excessively shy, or has intense worries and fears, come learn about the "Families Worrying Less Together" program. This program will give you practical strategies to help your child learn to cope differently. Please note: The program is for parents and primary caregivers; children do not attend.
 - For more information or to register please email wehelp@hwdsb.on.ca

- Emotion Coaching 90-Minute Webinar: The pandemic has increased stress for children and youth, and this has challenged the caregivers who support them. In response, we invite caregivers to explore Emotion Coaching in a series of 90-minute webinars and/or a six-week parent/caregiver group. Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and help improve relationships.
 - For more information or to register please email wehelp@hwdsb.on.ca
- Emotion Focused Strategies for Supporting your Child or Youth: Online, once a week, for 6 weeks. Caregivers will learn to respond to their child's distress and support emotion regulation. Caregivers with a child of any age and developmental stage will learn about skills to help with emotional challenges, support healthy behaviours and repair relationships. We run this group in partnership with the Hamilton Wentworth Catholic District School Board and the Hamilton Family Health Team.
 - This group is open to patients of the Hamilton Family Health Team and parents/caregivers of a child in the Hamilton Wentworth District School Board or the Hamilton Wentworth Catholic School Board.
 - You can refer yourself to this group. For more information, or to sign up, call the Hamilton Family Health Team Groups Line at 905-667-4852.

HWDSB Infolets and Resources for Parents and Caregivers

- [Anxiety in Children](#)
- [Anxiety in Kindergarten](#)
- [Anxiety in Youth](#)
- [ADHD](#)
- [Depression...When it's more than sadness](#)
- [Lost, Late and Scattered: Helping a Child with Executive Functioning Difficulties](#)
- [Learning Disabilities and Mental Health](#)
- [Developmental Disabilities and Mental Health](#)
- [Emotion Coaching Cheat Sheet for Parents and Caregivers](#)
- [Emotion Coaching at HWDSB Video](#)

School Mental Health Ontario (SMHO-SMSO) Resources for Parents and 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](#)

Crisis Services

- [COAST Hamilton](#): 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](#): Crisis Line: 1-800-668-6868.
24/7 counselling and information service for young people.
- [Sexual Assault Centre \(SACHA\)](#): 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

- [CONTACT Hamilton](#): 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](#): 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](#): A safe, accessible environment for young people age 17 to 25 to receive expert mental health and substance use care by self-referral.

Newcomer, Immigrants and Refugees

- [Refuge: Hamilton Centre for Newcomer Health](#)

Substance Use

- [Alternatives for Youth](#): 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.

Indigenous People

- [Mental Health Support for Indigenous Students](#)
- [De dwa da dehs ny \(Aboriginal Health Centre\)](#): 905 544 4320. Improving the health and well-being of Indigenous individuals, families and communities through holistic Indigenous, Traditional and Western health care.
- [Hamilton Regional Indian Centre](#): 905 548-9593. To provide the Urban Aboriginal People with the tools to achieve a balanced holistic 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.

Indian Residential School Survivors and Family

- 1-800-721-0066. The Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress because of their Residential school experience.

Black Communities

- [Black Youth Helpline](#): 1-833-294-8650
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.
- [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](#)
- [LGBT Youth Line](#): peer support to LGBT youth, age 29 and under. Text and online chat.
- [Trans Lifeline Hotline](#): 1-877-330-6366.
Peer support phone service run by trans people for our trans and questioning peers.
- [Tips for Supporting Yourself as a 2SLGBTQI+ Student](#)

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.

Muslim Communities

- [Naseeha Mental Health Hotline](#): 1 (866) 627-3342. Mental Health workshops, web therapy sessions, and texting mental health support 5 days a week for Muslim and non-Muslims.

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](#)
Leader in developing free online, self-help, and evidence-based resources on anxiety.
- [Your Space Hamilton](#): Place for youth and families looking for mental health information and supports in Hamilton, Ontario

HWDSB

We Help.

curiosity • creativity • possibility