

Caregiver Toolkit



Mental Health



BACK
 **TO**
SCHOOL

**A RESOURCE GUIDE FOR MENTAL HEALTH
INFORMATION, SUPPORT & SERVICES**

MORE INFO :

WEHELP@HWDSB.ON.CA

HWDSB
BE YOU. BE EXCELLENT.

Back to School Support



 **CLICK THE LINKS
BELOW TO LEARN MORE**

**Back-to-School
Success: 10
Key Tips**

(SMHO, 2025)



**How to Help
Your Child Have
a Mentally
Healthy Return
to School**

(SMHO, 2025)

**Caring for
You, Too**

(SMHO, 2025)

**Prioritize
Your Well-
Being**

(Thunderbird Partnership Foundation, 2014)

**School-Related
Worry?
Click Here!**

(SMHO, 2025)

**Try these Fun
Mental Health
Activities with
Your Child**

(SMHO, 2025)



Wellness Starts at Home



Supporting Your Child's Wellness
(SMHO, 2025)



Conversations That Matter
(SMHO, 2025)

Building a Supportive Connection
(SMHO, 2025)

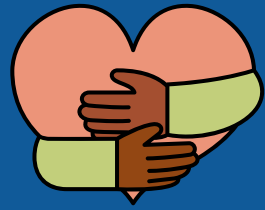
Helping You Notice
(SMHO, 2025)

Guiding Tough Conversations with Care
(Thunderbird Partnership Foundation, 2014).

Know the Facts: Mental Health & Substance Use
(Thunderbird Partnership Foundation, 2014).



Support at Your Fingertips



Help By Topic

(HWDSB, 2025)



Caregiver Groups & Webinars

(HWDSB, 2025)

Where Can I Get Help for My Child's Mental Health?

(HWDSB, 2025)

HWDSB's Student Mental Health Toolkit

(HWDSB, 2025)

Community Support

(Lynwood Charlton Centre, 2025)

