

Caregiver Toolkit

Mental Health

Hello
FALL

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

MORE INFO :

WEHELP@HWDSB.ON.CA

HWDSB
BE YOU. BE EXCELLENT.

Keep Calm This Fall

CLICK THE LINKS
BELOW TO LEARN MORE

Learn about
Mental Health
Curriculum

(SMHO, 2025)



Bedtime
Routine Tips for
a Good Sleep

(SMHO, 2025)

Helping Your
Child Manage
Conflict

(SMHO, 2025)

Teaching Your
Child to Solve
Problems

(Thunderbird Partnership Foundation, 2014).

School Mental
Health Supports
for 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)

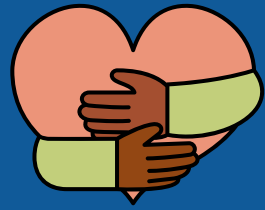
Helping You Notice
(SMHO, 2025)

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)

