

Caregiver Toolkit

Mental Health

Spring
into
WELLNESS

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

MORE INFO :

WEHELP@HWDSB.ON.CA

HWDSB
BE YOU. BE EXCELLENT.

This toolkit contains material adapted from [School Mental Health Ontario](#), [Thunderbird Partnership Foundation](#) and [Children's Mental Health Ontario Family Care Centre](#).

Growing Together this Spring



CLICK THE LINKS
BELOW TO LEARN MORE

Navigating Screens Together

(SMHO, 2025)

Helping Your Child Handle Stress

(SMHO, 2025)



Bedtime Routine Tips for a Good Sleep

(HWDSB, 2025)

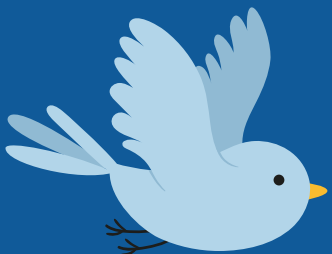


Caregiver to Caregiver Support

(CMHO Family Care Centre, 2025)

Supporting Your Child Through Test Stress

(SMHO, 2025)



Wellness Starts at Home



Supporting Your Child's Wellness
(SMHO, 2025)



Conversations That Matter
(SMHO, 2025)

Building a Supportive Connection
(SMHO, 2025)

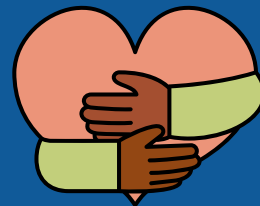
Helping You Notice
(SMHO, 2025)

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)

