

Caregiver Toolkit

Mental Health

**SUMMER
SEND-OFF**

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

MORE INFO :

WEHELP@HWDSB.ON.CA

This toolkit contains material adapted from [School Mental Health Ontario](#), [Thunderbird Partnership Foundation](#), [Canadian Mental Health Association](#) and [Mental Health Commission of Canada](#).

HWDSB
BE YOU. BE EXCELLENT.

Wellness That Lasts All Summer

CLICK THE LINKS
BELOW TO LEARN MORE

Supporting
the Shift into
Summer

(SMHO, 2025)

Wellness Tips
for Summer
Break

(SMHO, 2025)

Navigating
Summer
Stress

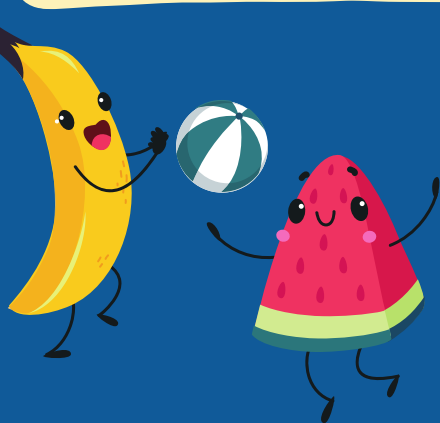
(CMHA, 2025)

Try These Fun
Wellness Ideas
at Home

(SMHO, 2025)

Supporting
Your Child
When Life
Changes

(Mental Health Commission of Canada, 2023)



Wellness Starts at Home



Supporting Your Child's Wellness
(SMHO, 2025)



Conversations That Matter
(SMHO, 2025)

Building a Supportive Connection
(SMHO, 2025)

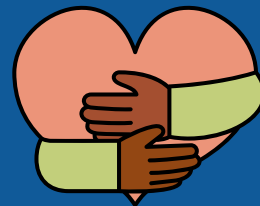
Helping You Notice
(SMHO, 2025)

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)

