

# Caregiver Toolkit

## Mental Health

**WINTER  
RESET**

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

**MORE INFO:**

[WEHELP@HWDSB.ON.CA](mailto:WEHELP@HWDSB.ON.CA)

This toolkit contains material adapted from [School Mental Health Ontario](#), [Thunderbird Partnership Foundation](#), [Canadian Mental Health Association](#), [Children's Mental Health Ontario Family Care Centre](#) and [211 Ontario](#).

**HWDSB**  
**BE YOU. BE EXCELLENT.**

# Warming Up Winter Together

CLICK THE LINKS  
BELOW TO LEARN MORE

**Tips to Beat  
the Winter  
Blues**  
(CMHA, 2025)

**Staying Well  
this Winter**  
(CMHO Family Care Centre, 2025)

**Navigating  
Grief and Loss**  
(Thunderbird Partnership Foundation, 2014).

**Caring for  
You, Too**  
(SMHO, 2025)

**Supporting Your  
Child Through  
Test Stress**  
(SMHO, 2025)

**Explore  
Support Near  
You - Visit  
Ontario 211**  
(211 Ontario, 2025)



# Wellness Starts at Home



**Supporting Your Child's Wellness**  
(SMHO, 2025)



**Conversations That Matter**  
(SMHO, 2025)

**Building a Supportive Connection**  
(SMHO, 2025)

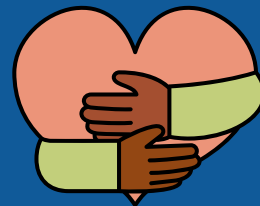
**Helping You Notice**  
(SMHO, 2025)

**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)

