

<https://cmho.org/>

CHILDREN'S MENTAL HEALTH ONTARIO

Links to resources for youth, parents, teachers

YOUTH

- <http://www.kidshelpphone.ca/> 24 hr confidential support
- www.mooddisorders.ca
Mood Disorders Association of Ontario – online, peer & family programs
- <http://www.mindyourmind.ca/>
“Work with young people aged 14-29 to co-create interactive tools and innovative resources to build capacity and resilience.”

PARENTS

- www.hincksdellcrest.org/abc Resources for parents regarding mental health for children aged 3-19. Search by chapter or ‘worrisome behaviour’
- <http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/MentalHealth/Pages/default.aspx> Hospital for Sick Children – Mental Health Resource Centre
- <http://www.pcmh.ca/> Parents of children with mental health
- http://www.camh.ca/en/hospital/health_information/for_parents/Pages/default.aspx

TEACHERS

- www.hincksdellcrest.org/abc Resources for teachers regarding mental health for children aged 3-19. Search by chapter or ‘worrisome behaviour’
- <https://smh-assist.ca/> School Mental Health Assist - *“A provincial implementation support team designed to help Ontario school boards to promote mental health and well-being.”*
- http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/tami_teachersresource.aspx Centre for Addiction and Mental Health – Talking about mental health, teacher’s resource

<http://centralhealthline.ca/>

Health services by region – links to mental health facilities and programs

[Open Minds, Healthy Minds: Ontario’s Comprehensive Mental Health and Addictions Strategy](#)

Children’s Mental Health Ontario Resources