General Mental Health Resources & Information for Youth & Caregivers

In a mental health emergency, please call 9-1-1 or visit your closest emergency department.

Parent and Caregiver Well-Being Resources:

- **PCMH** - Parents for Children's Mental Health Help for families/parents of children and youth with mental illness/mental health disorders.
- **Greater Good's Guide to Well-Being During** Coronavirus: Practices, resources and articles for individuals, parents, educators and health care professionals facing COVID-19
- **Greater Good in Action** - Toolkit and practices for mental wellnes
- **How to Help Teens Become More Self-Compassionate** Greater Good Magazine article
- **Strong Minds Strong Kids** https://www.strongmindsstrongkids.org/ -Psychology Foundation of Canada resources to promote resilience and well-being of children and youth
- **SMSK Resources**
  - **Help your teen with stress**
  - **Helping stressed out kids**
  - **Supporting school resiliency**
  - **Stress Busters: "Magical" Practices for children and youth**
  - **Calming your brain to calm your young children's brains**
- **Help for Children | Dr. Liz Angoff** -These pages house short articles, resources and recommendations for children with challenges at school and at home. Each page contains a short description to help better understand typical learning and behavioural challenges, links to books and websites, as well as specific recommendations that have been helpful to others.
- **Assessments | Dr. Liz Angoff** - understanding what is involved in a psychological assessment for your child, preparing for and understanding the results.

Youth Call Lines for Mental Health Support

- **Kids Help Phone** - Phone, chat or text helpline
- **Here 24/7 https://here247.ca/** 1-844-437-3247 (HERE247)- Addictions, Mental Health and Crisis Services Waterloo-Wellington
- **Distress and Crisis Ontario | You Need To Talk?** -Distress Centres (DCs) across Ontario offer instant support and a variety of services for anyone who is feeling lonely, depressed, suicidal, or struggling otherwise. Most centres operate 24 hours a day, 7 days a week, and include Suicide Survivor programs, support services for youth, telephone call-out programs for seniors and other vulnerable populations, mental health crisis lines, and more.
- **Black Youth Helpline-** Multicultural Helpline & Services for Children, Youth, Families, School Boards & other youth serving organizations.
- **Lesbian Gay Bi Trans Youth Line -**Confidential and non-judgemental peer support through our telephone, text and chat services.
- **Ontario Federation of Indigenous Friendship Centres - OFIFC -**Serving the needs of urban Indigenous people by providing culturally appropriate services in urban areas.
- **Youth Wellness Hubs Ontario-** is a network of one-stop shops where young people ages 12 to 25 can access the mental health and addictions services they need, when they need it. Youth engagement is an essential part of YWHO's co-developed and youth-driven model.

SPINNAKER
Psychological Services

Information for Youth

- **Anxiety in Youth; MindShift™ CBT**-Information for youth about Anxiety and coping strategies
- Information for youth about **Eating Disorders**-**https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered**

Online Mental Health Supports for Youth

(Most of these listed by Children's Hospital of Eastern Ontario)

- **MindBeacon: Home www.mindbeacon.com** -MindBeacon is the only provider that offers Canadians the full spectrum of digital mental health support, including live therapy
- **BounceBack Ontario** – Canadian Mental Health Association BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, aged 15 and up
- **Good2Talk good2talk.ca** -Good2Talk provides free and confidential support services for post-secondary students in Ontario. By calling, students can receive professional counselling
- **mindyourmind.ca** |- reach out, give help, get help mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14-29
- **Wellness Together Canada | Home ca.portal.gs** -Take that step. Get connected to mental health and substance use support, resources, and counselling with a mental health professional
- **WES for Youth Online** -Free online counselling for youth 13-24
- **AbilitiCBTmyicbt.com -**AbilitiCBT is an internet-based cognitive behavioral therapy (iCBT) program that you can access from any device, any time
- **Try Our Free App for Guided, Mindful Meditation** - Health Minds Innovation TeenToks are short video tips to help teens transform anxiety, negative thinking, perfectionism, anger, and more
- **TeenToks -**can be found exclusively on TikTok Mental Health for Teens by Teens; Straight talk and tips for anxiety & more
- **GoZen!: Online Programs for Children with Anxiety | Kids Anxiety Relief** - website & **gozen.com/journal**-tiktok

Additional Self-compassion and Mindfulness Ideas:

- **Self-Compassion for Teens Meditations-** These meditations and exercises provide ways in which teens can cultivate self-compassion. They are included as home practices in the Making Friends with Yourself program. Most of them can function to cultivate self-compassion independently of the program, but will work better and make more sense within the context of the program.
- **Best Mindfulness and Meditation Apps for Teens**
- **A Moment for Me: A Self-Compassion Break for Teens**