

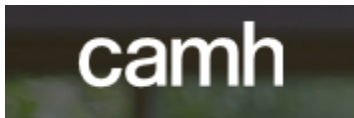
Helpful Websites



- **Anxiety Canada** (formerly AnxietyBC) promotes awareness of anxiety disorders and support access to proven resources and treatment. <https://anxietycanada.com/>



- **Caring for Kids** provides information including behaviour and emotional wellness topics for parents from Canada's pediatricians. <https://www.caringforkids.cps.ca/>



- **Centre for Addiction and Mental Health (CAMH)** provides information about the signs, symptoms, definitions and other important facts about mental illness conditions, disorders, substances, medications and therapies. <http://www.camh.ca/>

ConnexOntario

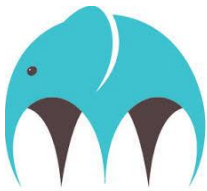
- **Connex Ontario** provides 24/7 access to health services information including addiction, mental health, and problem gambling treatment services. 1-866-531-2600 / <https://www.connexontario.ca/#>



- **Mind your Mind** exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience. <https://mindyourmind.ca/>



- Visit this website to find information for youth to explore whether or not anxiety or depression is a problem for them. Easy to use evidence based tools are available to assist them in managing these difficulties, whether they are working on their mental health on their own or seeking the help of a mental health professional.
<http://am-i-mentalhealthapp.com/>



- **Parents of Children's Mental Health** believes that children, youth, and their families suffering from mental health challenges deserves our extreme respect and assurance. We are dedicated to improving the lives of these families. Chapters can be found throughout Ontario.
<http://www.pcmh.ca/>



THE PSYCHOLOGY
FOUNDATION
OF CANADA

LA FONDATION
DE PSYCHOLOGIE
DU CANADA

- **The Psychology Foundation of Canada** delivers and implements psychology-based, proven programs and resources through a vast network of child-serving community partners throughout Canada. <https://psychologyfoundation.org/>



SCHOOL MENTAL HEALTH ONTARIO

SANTÉ MENTALE EN MILIEU
SCOLAIRE ONTARIO

- **School Mental Health Ontario** work with Ontario school districts to support student mental health. This support is provided through evidence based leadership and coordination, resources, and implementation coaching support. <https://smh-assist.ca/>

SickKids®

Centre for
Community
Mental Health

- **SickKids – About Kids Health** - resources for parents on how to support your child's mental health and general wellbeing and information on the signs, symptoms and treatments of mental health illness <https://www.aboutkidshealth.ca/mentalhealth>



- **Supporting Minds: An Educator's Guide to Promoting Students' Mental Health and Well-being** <http://www.edu.gov.on.ca/eng/document/reports/supportingminds.pdf>