



Simcoe Muskoka Online Mental Health and Community Resources During School Closure

School Mental Health Ontario (SMHO) Online Resources:

How to find mental health support for children and youth under the age of 18:

<https://smho-smso.ca> Teachers, Parents and Students will find many resources addressing mental health issues relating to self-care, where to find help and how to help a friend.

FOR STUDENTS:

[Youth Mental Health Resource Hub](#) in partnership with SMHO / Jack.Org / Kids Help

Phone includes resources such as:

Guide for Reaching Out

How to Self Isolate

Self Care Check Lists

12 Instant Stress Busters

A Guide to COVID=19 for Youth

Be There Poster

See also:

[Kids Help Phone](#) Students can find resources or call in, text, or chat to speak to a counsellor

[We Matter](#) is an online community of uplifting written, artistic and video messages of hardship, hope and healing for Indigenous youth, by Indigenous youth.

Articles to empower students:

[How to take Care of Your Mental Health during COVID-19 pandemic](#)

[“Psychology Works” Fact Sheet: Student Wellness and COVID-19](#)

[How teenagers can protect their mental health during coronavirus \(COVID-19\)](#)

[SELF-CARE 101](#) tips

[Bounce Back](#) online skills training for individuals 15+ for depression and anxiety:

Apps:

- [MindShift CBT](#) - Anxiety Canada- proven activities to help you learn to relax, be mindful, develop more effective ways of thinking and to use active steps to take charge of your anxiety.
- [Mindyourmind](#) interactive tools and innovative resources for ages 14 to 29
- [Headspace](#) - Mindfulness exercises and guided meditations
- [StopBreathThink](#) - mindfulness and meditation activities to check in with your emotions and feel the calm.
- [BeSafe](#) empowers young adults to reach out safely

CRISIS SUPPORT for Children and Youth:

(Note: For Emergencies such as harm to self or others, call 911 or go to the emergency department of your local hospital)

In Simcoe County - If you or someone you know is in crisis or requires immediate support,

Kinark Child and Family Services: **1-888-893-8333** (Toll Free); 705-728-5044 (Crisis Line); Ages Served: Up to 18.

In Simcoe South 310-COPE at **1-855-310-COPE** (2673) or visit your nearest emergency department. You can also text COPE at 1-855-310-2673 or chat with a crisis worker online via our [Live Chat](#).

In Muskoka For Children and Youth in Crisis – Hands TheFamilyNetwork.ca **1-844-287-9072**

RESOURCES FOR PARENTS AND FAMILIES:

School Mental Health Ontario

[How to Support](#) your child's mental health during COVID
[Activities for children](#) that connect to Mental Health.

First Nations Métis and Inuit Mental Health Services for Families

The [First Peoples Wellness Circle](#) has put together [a resource with tips for First Nations parents and families on supporting mental wellness of children and young people](#) in their communities.

[Mamaway Wiidokdaadwin Primary Health Team](#) continues to provide Primary Care, Wellness checks and a variety of holistic services through phone appointments and virtual offerings. Contact clinics in Barrie (705)-721-9554, or Orillia (705) 259-9520, or find Mamaway Wiidokdaadwin on social media on Facebook or Instagram, for more information on services and virtual sessions.

[Chigamik Community Health Centre](#) continues to provide Primary Care appointments, as well as offer online programs, virtual mental health counselling and virtual Traditional Healing sessions. Call (705) 527-4154 to reach the clinic in Midland.

Hope for Wellness Help Line provides immediate toll-free phone and online chat mental health counselling and crisis intervention to all Indigenous peoples in English, French, and Cree, Ojibway or Inuktitut upon request. 1-855-242-3310 or <https://www.hopeforwellness.ca/>

Autism Ontario www.autismontario.com Autism Ontario has resources available to help families and students with autism and is soliciting information via a brief survey that parents can complete as to how they can support families during this time.

Children's Mental Health Ontario [Talking to your Anxious Child about Covid-19](#)

Psychology Foundation www.psychologyfoundation.org supporting families with attachment and stress management programs. ([Various School Age Booklets](#))

Sick Kids www.sickkidscmh.ca Resource that promotes the mental health of children and adolescents, behaviours that may indicate a problem and practical suggestions for steps to take.

Connex <https://connexontario.ca/treatment-information-service-call> - provides confidential health services 24/7 for people experiencing problems with alcohol and drugs, mental illness & gambling

Yale Resource from Scholastic

[First Aid for Feelings: Workbook to help Kids Cope](#)

Child Mind Institute

[Supporting Kids During the Coronavirus Crisis](#)

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

[Support for Kids With ADHD During the Coronavirus Crisis](#)

Hong Fook www.hongfook.ca Although they are currently not providing telehealth or virtual counseling, their web site has “Managing Stress” brochures available in Korean, Vietnamese, Traditional and Chinese.

National Eating Disorder Information Centre www.nedic.ca is available over the phone, providing support, information, resources and referrals

Women’s Support Network (www.womenssupportnetwork.ca) provides services for anyone who has experienced sexual violence.

Shelters for Women and Children

Athena’s Sexual Assault Counselling & Advocacy Centre

Colibri Centre des femmes francophones du comte de Simcoe

Green Haven Shelter for Women, Orillia

Huronia Transition Homes, Midland

My Friend’s House, Collingwood

Women and Children’s Shelter, Barrie

Ontario Addiction and Mental Health *This resource for locating Ontario mental health resources in your area will supplement the resources outlined throughout this document and may identify further resources in your area. At times you may find that telephone contact is being offered in lieu of face to face counselling.*

https://www.ontario.ca/page/mental-health-services-children-and-youth?_ga=2.202322008.899607123.1585840635-455076000.1569519877#section-0

Telephone contact and other services available in the community:

Simcoe County

Kinark Child and Family Services

New Path Child and Family Services

Catholic Family Services of Simcoe County

Canadian Mental Health Association Simcoe County

Muskoka [Child and Youth Services](#)

[Hands The Family Network](#)

South Simcoe Mental Health [Resource List](#)