

BE A LEARNER

Mental Well-Being



**Children don't come with a manual:
Exploring children's mental health**

TIPS

- Promote positive mental health and well being
- Recognize when something is wrong
- Find out where, in your community, help is available
- Help to build understanding and reduce stigma





Help your child to develop and grow these skills through positive conversation and “check ins”

Recognize when something is wrong

Look for changes: You know your child best. If you notice persistent changes in mood, behaviour, school work, relationships, interest in things, eating and/or sleeping, then a trip for a checkup may be warranted.

Trust your instincts: If you think something may be wrong, talk to your child about what you have noticed. Create safe, open spaces for quiet talking.

Don't panic: Mental health challenges are relatively common, and can be addressed with a range of support options when identified early.



Community Help Is Available

1. CAMH – Centre for Addiction and Mental Health in Toronto has a lot of great resources to look at. <http://www.camh.org.uk/>
2. Anxiety Disorders vs. Anxiety <http://www.ulifeline.org/articles/439-anxiety-vs-anxiety-disorders>
3. This program in B.C is always a good resource. Has good toolkits for parents. <http://www.anxietybc.com/parent/anxiety.php>
4. Kathy Eugster has really good insights in this area. <http://kathyeugster.com/articles/article004.htm>
5. Ontario resource for children’s mental health.... Just to have. <http://www.kidsmentalhealth.ca/parents/anxiety.php>
6. Parents for Children’s Mental Health. <http://www.pcmh.ca/>
7. Child and Youth Mental Health Information Network: <http://cymhin.offordcentre.com/>
8. ROCK..Reach Out Centre for Kids-24 hour Crisis Line 905 878-9785
9. Kids Help Phone...www.kidshelpphone.ca or 1800 668-6868
10. Mental Health & Well-being Area on HDSB WebSite
<http://www.hdsb.ca/ParentInfo/MentalHealth/Pages/default.aspx>

Help to Build understanding and Reduce Stigma

Youth report that stigma around mental health issues makes it difficult to confide in people about their fears and concerns. Stigma refers to negative attitudes that people hold about something they do not understand.

These attitudes and unkind comments about mental health make it difficult to seek help!



CHANGE THE VIEW VIDEO CONTEST 1st Runner up

[YoutubePSAVideo](#)

Mental Health Video Message For Parents

http://www.4450.ca/HDSB/Mental_health_message_for_parents_of_Halton_District_School_Board_students.html