

## Mental Health and Well-Being Resource List

Resource	Audience	Description	Location
<b>WhereToStart.ca</b>	All	Peel Region's network of service providers for child and youth mental health services.	<a href="https://wheretostart.ca/">https://wheretostart.ca/</a>
<b>Kid's Help Phone</b>	Students	National 24-hour, bilingual, anonymous, and confidential phone counselling, web counselling and referral service for children and youth.	<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a> 1-800-668-6868 text CONNECT to 686868
<b>eMentalHealth.ca</b>	All	eMentalHealth.ca provides anonymous, confidential information about mental health, 24 hours a day, 365 days a year. Some of the features include a directory of mental health services and organizations, info sheets with information about a variety of mental health conditions and topics, events calendar, news feed with the latest mental health news, and more.	<a href="https://www.ementalhealth.ca/">https://www.ementalhealth.ca/</a>
<b>MindyourMind</b>	Young people ages 14-29	Mindyourmind focuses on mental health, wellness, engagement, and technology. It provides tools and resources to build capacity and resilience. Within the website there is also information for the <b>BeSafe App (free)</b> . BeSafe is a mobile app that aims to help young adults make a decision about seeking help in a crisis, create a safety plan, and find resources.	<a href="http://www.mindyourmind.ca">www.mindyourmind.ca</a>  <a href="https://besafeapp.ca/">https://besafeapp.ca/</a>
<b>MindShift CBT (free)</b>	All	MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.	<a href="https://www.anxietycanada.com/resources/mindshift-cbt/">https://www.anxietycanada.com/resources/mindshift-cbt/</a>
<b>Stop, Breathe and Think (free)</b>  <b>Stop Breath and Think Kids (free)</b>	All	A free app to guide people through meditations for mindfulness & compassion. Stop, Breathe & Think has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations tuned to how you feel.	<a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>  <a href="https://www.stopbreathethink.com/kids/">https://www.stopbreathethink.com/kids/</a>
<b>School Mental Health Ontario (SMHO)</b>	Educators Students Parents and Families Mental Health Professionals	Evidence-based tools and resources to support student mental health.	<a href="https://smho-smsso.ca/">https://smho-smsso.ca/</a>
<b>About Kids Health</b>	Parents and Caregivers	This hub includes resources for parents and caregivers on how to support their child's mental health and general well-being through physical activity, sleep and nutrition. It also provides information on the signs, symptoms, and treatments of different mental health conditions.	<a href="https://www.aboutkidshealth.ca/mentalhealth">https://www.aboutkidshealth.ca/mentalhealth</a>
<b>The ABCs of Mental Health</b>	Parents and Caregivers Teachers	Parents and teachers often have questions about the behaviour of children and adolescents. They may worry about whether a behaviour is appropriate for a particular age or developmental stage, or a sign that something might be wrong. They may wonder why it is occurring, and how best to respond. This website provides two free, web-based Resources - one for teachers and one for parents – to help answer these questions. The Resources include ideas for promoting the mental health of children and adolescents, information about	<a href="https://www.sickkidscmh.ca/ABC/Welcome">https://www.sickkidscmh.ca/ABC/Welcome</a>

		how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take.	
<b>Anxiety Canada</b>	All	Tools and resources to help manage anxiety	<a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>
<b>Stress Strategies</b>	Older youth and adults	Provides a variety of research-backed stress management strategies  Shares real life stories of how people use these specific strategies to manage their stress more effectively  Guides you through a few questions to help you make use of these various strategies	<a href="https://www.stressstrategies.ca/">https://www.stressstrategies.ca/</a>
<b>Supporting Minds</b>	Educators	An educators' guide to promoting student mental health and well-being	<a href="http://www.edu.gov.on.ca/eng/document/reports/supportingminds.pdf">http://www.edu.gov.on.ca/eng/document/reports/supportingminds.pdf</a>
<b>Joint Consortium for School Health</b>	Educators	Positive mental health toolkit	<a href="http://www.jcshpositivementalhealthtoolkit.com/">http://www.jcshpositivementalhealthtoolkit.com/</a>
<b>Teach Resiliency</b>	Educators	Online portal and community of practice offering teachers simple-to-use strategies and tools to assess resilience needs and provide resources to promote and enhance teacher and student mental health.	<a href="https://www.porticonetwork.ca/web/teach-resiliency">https://www.porticonetwork.ca/web/teach-resiliency</a>