

MENTAL HEALTH UPDATE

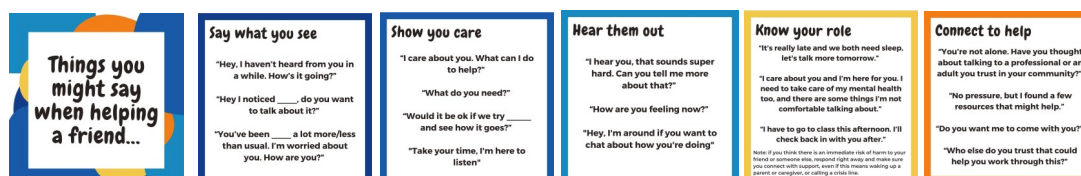
April 2022

Let's Create a Space In April Where We Can All Be There For One Another

[Be There Golden Rules Poster](#)

[Be There Summary](#)

[Be There For Yourself](#)



April is World Autism Month

[World Autism Awareness Day](#) is observed on Saturday April 2. The United Nations General Assembly declared this day to highlight the need to improve the quality of life of those with autism. We recognize this day, and the month of April to spread awareness and advocate for the rights of people with autism.

Autism is a spectrum. Each person who has autism has different strengths and challenges. Throughout the month we will be sharing stories of families and people with autism and resources for educators promoting awareness and positive advocacy.

[Autism Speaks Canada](#) has launched [My Autism Guide](#)—A free tool designed for autistic Canadians, caregivers, service providers and members of the community.

[Autism Ontario](#) has a number of webinars for parents, caregivers and professionals to understand and support people living on the spectrum. Topics include medication use, health and fitness, understanding challenging behavior (Dr. Ross Greene), and self regulation and wellbeing (Dr. Stuart Shanker). Find these webinars among many more [here](#).

[Autism Canada](#) is dedicated to improving the lives of individuals on the spectrum and their families. Their [resource page](#) showcases a wide range of creative work produced by people living with autism, a social media forum for adults living with autism, social stories to prepare for vaccination, and a number of publications for caregivers and community members.

Where To Turn:

[Kids Help Phone](#)

1-800-668-6868

Text 686868

[LGBT Youth Line](#)

1-800-268-9688

Text 647-694-4275

[Open Doors for Lanark](#)

[Children and Youth](#)

1-877-232-8260

[Children's Mental Health of](#)

[Leeds and Grenville](#)

1-800-809-2494

[Cornwall Community](#)

[Hospital SD&G](#)

1-844-361-6363

[Child Youth and Family](#)

[Crisis Line of Eastern](#)

[Ontario](#)

1-877-377-7775

[Valoris Prescott-Russell](#)

1-800-675-6168

[Hope for Wellness Helpline](#)

1-855-242-3310

[Ontario 211 Community](#)

[and Social Services](#)

[Helpline](#)

Call 211

1-877-330-3213

TTY:844-483-9835

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