

# MENTAL HEALTH UPDATE

June 2022

Mental health is everyone's business, and we all have a role to play. Parents, guardians and other caregivers have a special role in supporting child and youth mental health beginning with supporting their own child(ren) and helping them to grow into mentally healthy, resilient adults. Knowing the signs of struggle and intervening early is important, but **how do you know if you should be concerned about your child/teen's mental health and wellbeing? And what can you do to help?** [School Mental Health Ontario's Tip Sheet for Parents and Care Givers: We Care](#) may provide some answers.

Want to learn more about **how to promote wellness for children and youth in your home or classroom?** Explore these [Grab and Go Tools](#) offered by School Mental Health Ontario.

[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

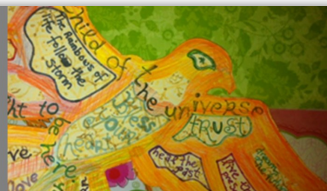


## Grab & Go Tools

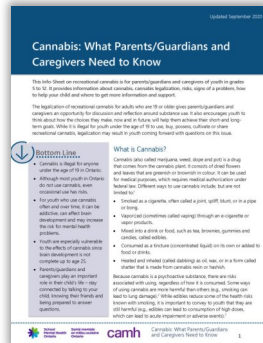
**Grab & Go Tools**  
Simple learning activities to use as part of your everyday mental health practices at home and in the classroom.

**Do you wonder about your child's eating or think they might have an Eating Disorder?**

## UNDERSTANDING EATING DISORDERS IN ADOLESCENCE



**About 1 in 5 youth report use of Cannabis in the past year.** (SMHO, 2019). School Mental Health Ontario has developed an information sheet for parents/guardians and caregivers on the topic of cannabis. Review to learn about cannabis, risks for youth and how you can help youth make informed choices about using cannabis.



Being in nature is shown to reduce stress and improve wellness. Be sure to **make the most of summer with the outdoor activities suggested below.** Looking for great summer reads? **Review the book selections below for yourself and your children.**

