

Resources

Youth Mental Health:

Kids Help Phone – www.kidshelpphone.ca/teens

Kids Help Phone offers free, anonymous and confidential counseling for young people up to age 20. Their website helps youth connect and share stories, and offers up-to-date information on a variety of topics.

1-800-668-6868; info@kidshelpphone.ca

Kids Help Phone – Info Booth – www.kidshelpphone.ca/teens/infobooth.aspx

The Jack Project – part of Kids Help Phone – www.jackproject.org

The Jack Project engages young people and their supportive adults in the vital topic of mental health. It provides much needed information and support relevant for the period from late high school into college, university, or independent living. It will also equip key adults – parents, family members, and educators with the knowledge they need to support the young people in their lives – through mental health outreach initiatives

Mind Your Mind – www.mindyourmind.ca

A Canadian website on mental health for young people that provides information, tips and coping strategies and interactive tools and games.

Teen Mental Health – www.teenmentalhealth.org Based out of Halifax, Nova Scotia, this site contains general information on mental health, as well as a section for families and teens on specific disorders such as bipolar disorder, depression, anxiety, schizophrenia, ADHD, the teen brain and develop, and suicide.

Mind Check – www.mindcheck.ca

Designed to help youth and young adults check out how they're feeling and quickly connect to mental health resources and support. Support includes education, self-care tools, and website links. There are also tabs for friends and families for how to support someone you care about. There are quizzes to gauge how you are doing.

Good to talk – www.good2talk.ca

A post secondary school helpline; Good2Talk is a professional phone counseling and information and referral service

What's Up Walk In: www.whatsupwalkin.ca

Immediate mental health counselling for **children, youth, young adults and their families**, and **families with infants** is available at the what's up walk-in® Clinic

General Mental Health:

Connex Ontario – www.connexontario.ca

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling.

Centre for Addiction and Mental Health – www.camh.ca

Extensive resources, .pdfs, downloadable brochures, videos related to specific diagnoses, family supports, youth resilience, substance information as well as guides for having difficult conversations.

Canadian Mental Health Association – www.cmha.ca

Here to Help – www.heretohelp.bc.ca

This website is based out of BC and is a collaborative with several mental health agencies in BC – has self-help resources (wide range) as well as personal stories.

Problem Technology/Gaming/Social Media Use:

Provincial System Support Program (PSSP) -

<https://learn.problemgambling.ca/eip/problem-technology-use#skills-in-treatment>

Provides videos, stats, research around problematic technology use including current treatments. Includes handouts and printable brochures as well.

Tech Addiction - <http://www.techaddiction.ca/>

Nova Scotia based resource with focus on technology and internet addiction. Includes self-help resources, videos, articles, stats and more.

Common Sense Media <https://www.commonsense.org/education/>

Non-profit whose aim is to empower, educate and inform young people about tech health. A wide array of classroom resources, guides for parents and teachers. Also includes resources in Spanish.

Canadian Centre of Child Protection: <https://www.protectchildren.ca/en/>

CCCP is a national charity dedicated to the personal safety of children. Our goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children, and prevent child victimization.

PrevNet: <https://www.preynet.ca/>

National network of leading researchers and organizations, working together to stop bullying in Canada. It is the first of its kind in this country and a world leader in bullying prevention. Through education, research, training and policy change, PREVNet aims to stop the violence caused by bullying - so every child can grow up happy, healthy and safe.

MediaSmarts: <http://mediasmarts.ca/>

National not-for-profit charitable organization for digital and media literacy. Our vision is that children and youth have the critical thinking skills to engage with media as active and informed digital citizens.

NetSmartz: <https://www.missingkids.org/NetSmartz>

NCMEC has operated the CyberTipline, a place where the public and electronic service providers can report suspected online and offline child sexual exploitation. The millions of reports made each year uniquely situate NCMEC to identify trends and create prevention resources to address the evolving needs of kids and teens online

Other links:

www.drugfreekidscanada.org

<https://youthcannabisawareness.ymcagta.org/>

<https://wotr.ca/resources/>

<https://www.rcmp-grc.gc.ca/cycp-cpcj/dr-al/dralres-resdral-eng.htm>

www.kidshelphone.ca

www.ccsa.ca

<http://www.rcmp-grc.gc.ca/cycp-cpcj/is-si/isres-ressi-eng.htm>

<https://www.protectchildren.ca/en/>

<https://protectkidsonline.ca/app/en/>

https://needhelponow.ca/app/en/parent_info-talking_tips

<http://mediasmarts.ca/parents>

<https://www.priv.gc.ca/en/about-the-opc/what-we-do/awareness-campaigns-and-events/privacy-education-for-kids/tips-and-tools-for-parents/>

<http://www.cyberbullying.ca/>

<https://www.childnet.com/parents-and-carers>

<https://www.netsmartz.org/TrendsandTopics>

<https://www.dfinow.org/for-parents>

<https://www.commonsense.org/>

<https://www.thinkuknow.co.uk/parents/>

<https://www.fbi.gov/resources/parents>

<https://www.getcybersafe.gc.ca/cnt/prtct-yrs1f/prtctn-fml/index-en.aspx>

https://www.cybertip.ca/app/en/internet_safety-overview

<https://internetsafety101.org/parentsguidetosocialmedia>

<https://www.childnet.com/blog/free-internet-safety-resources-for-parents>

<https://www.europol.europa.eu/activities-services/public-awareness-and-prevention-guides/your-life-online-protect-it>

<http://www.missingkids.com/education#resources>

<http://www.telus.com/wise>

www.kidshelpphone.ca (1-800-668-6868)

www.yssn.ca (1-855-310-COPE/2673)

www.whatsupwalkin.ca (416-438-3697)

www.anxietycanada.com

www.mindyourmind.ca

www.teenshealth.org

