

Additional Website Resources

For Parents:

- **School Mental Health Ontario**
Resources and information for parents and families on managing mental health in the context of COVID-19.
<https://smho-smso.ca/covid-19/parents-and-families/>
- **School Mental Health Ontario**
Information on how to talk with your child when you feel concerned they may be struggling with a mental health problem.
<https://smho-smso.ca/parents-and-families/take-action/how-to-talk-with-your-child-when-you-feel-concerned-they-may-be-struggling-with-a-mental-health-problem/>
- **Children's Mental Health Ontario**
Tips on talking to anxious children about COVID-19
<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>
- **The Hope for Wellness Help Line**
Mental health counselling and crisis intervention to all Indigenous peoples across Canada
<https://www.hopeforwellness.ca/>

For Youth:

- **Bethere.org**
A resource for when you notice or find out that friend is struggling with a mental health problem.
<https://bethere.org/Home>
- **Youth-focused mental health resources hub**
An online hub of COVID-19 youth-focused mental health resources from Jack.org, Kids Help Phone and School Mental Health Ontario
<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca>
- **School Mental Health Ontario**
Information on how to help a friend if you are concerned about their mental health.
<https://smho-smso.ca/students/learn-more/help-a-friend/#collapseOneWhat-to-do-if-youre-concerned>