

Helpful Resources for Tiers 2 and 3

Please note that some resources listed under Tier 2 are also applicable to Tier 3 and vice versa.

Tier 2

Kids Help Phone

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

Canada's only toll-free, 24-hour, bilingual and anonymous counselling and referral service for children and youth. Professional counsellors provide immediate, caring support.

Stress Lessons Toolkit – The Psychology Foundation of Canada

<http://psychologyfoundation.org/> click on Programs → Stress Lessons

The Stress Lessons Toolkit is a free resource designed to help parents, caregivers, and educators teach children lifelong skills to manage stress.

Kids Have Stress Too!® – The Psychology Foundation of Canada

<http://psychologyfoundation.org/> click on Programs → Kids Have Stress Too!®

The Kids Have Stress Too! program helps parents, caregivers, and educators understand childhood stress and how to provide children with the tools to deal with stress effectively.

The ABCs of Mental Health – A Project of the Hincks-Dellcrest Centre

<http://www.hincksdellcrest.org/> click on Resources and Publications → The ABCs of Mental Health

The ABCs of Mental Health provides web-based resources for teachers and for parents and caregivers. The resources include ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take.

Supporting Minds: An Educator's Guide to Promoting Students' Mental Health and Well-Being, Draft Version, 2013

<http://www.edu.gov.on.ca/> search "supporting minds"

The Ontario Ministry of Education guide offers strategies to help educators support students with mental health problems through early recognition and effective classroom strategies.

mindyourmind

<http://mindyourmind.ca/>

mindyourmind is a mental health program that engages youth and young adults (ages 14–24) and the professionals who serve them to co-develop reliable and relevant mental wellness resources.

MyHealth Magazine – Youth Edition

<http://www.yoomagazine.net>

MyHealth Magazine is an online health and wellness program for young people. Information on health, mental health, and development is presented in a variety of interactive formats. There is also an online resource for educators.

Lives in the Balance

<http://www.livesinthebalance.org/>

Lives in the Balance provides resources to help parents, caregivers, and educators implement the Collaborative Problem-Solving Approach (now called Collaborative & Proactive Solutions) developed by child psychologist Dr. Ross Greene. The CPS model helps people understand behaviorally challenging kids and intervene in ways that are more compassionate and effective.

Pan-Canadian Joint Consortium for School Health

<http://www.jcsh-cces.ca/>

The JCSH provides a variety of resources to help educators build a culture of wellness and well-being in their schools.

Ontario Centre of Excellence for Child and Youth Mental Health

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

The Centre works with Ontario child and youth mental health agencies to build an effective and accessible system of care. It offers a diverse collection of tools, services, programs, and training to help individuals and organizations find, use, and share knowledge to promote the best possible mental well-being for children and youth.

Tier 3

When Something’s Wrong – Strategies for Teachers

<http://healthymindscanada.ca/>

Healthy Minds Canada provides a reference guide of classroom strategies to support K–12 educators in understanding and assisting students with mental health issues.

TeenMentalHealth

<http://teenmentalhealth.org/>

This website provides mental health information for youth (ages 12 to 25) and their families, educators, and health providers. The materials are provided in a variety of formats including animations, eBooks, mobile applications, and face-to-face and web-based training programs.

Mental Health Commission of Canada

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

The MHCC has a 10-year mandate (2007–2017) to lead initiatives to improve the mental health system and change attitudes and behaviours around mental health issues. The following resources include research and recommendations that have resulted from the Commission’s initiatives.

School-Based Mental Health in Canada: A Final Report, September 2013

<http://www.mentalhealthcommission.ca/> search “school-based mental health”

Mental Health Strategy for Canada

<http://www.mentalhealthcommission.ca/> click on Initiatives → Mental Health Strategy for Canada or search “mental health strategy”

School-Based Mental Health and Substance Abuse: A Scan of Canadian Practices, April 2012

<http://www.mentalhealthcommission.ca/> search “substance abuse, scan”

Mental Health First Aid Canada

<http://www.mentalhealthcommission.ca/> click on Initiatives → Mental Health First Aid or search “mental health first aid”

E-Mental Health

<http://www.mentalhealthcommission.ca/> click on Topics → e-Mental Health or search “e-mental health”

Canadian Centre on Substance Abuse

<http://www.ccsa.ca/Pages/default.aspx>

The CCSA website includes a resource list that can be narrowed by topic (e.g., Youth, Mental Health; Youth, Treatment) and publication type (e.g., brief reports, FAQs, tools).