

## **WELL AWARE 4: Useful Links**

### **Mental Health Resources**

Canadians are concerned about and committed to helping children to achieve their maximum potential in all areas of their development, including their social and emotional health.

The following resources are just a few of many that may help you to understand, identify, and seek appropriate help for children's mental health issues.

Please also consult health and education professionals in your own communities as they continue to develop information, strategies, and additional resources to promote positive mental health in children.

#### ***National***

Anxiety Association Disorders of Canada: <http://www.anxietycanada.ca>

The Canadian Mental Health Association: <http://www.cmha.ca/get-involved/find-your-cmha> (select "Find Your Local CMHA" to find the nearest CMHA location)

Canadian Psychiatric Association: <http://www.cpa-apc.org>

Canadian Psychological Association: <http://www.cpa.ca>

Changing Directions, Changing Lives—The Mental Health Strategy for Canada: <http://strategy.mentalhealthcommission.ca> (select "Strategy" and scroll down to "Download the Strategy")

Health Canada: <http://www.hc-sc.gc.ca> (select "Healthy Living" and "Mental Health"—provides basic facts concerning mental health and mental health services with links to related information and resources)

Internet Mental Health: <http://www.mentalhealth.com/home>

Kids Help Phone: <http://www.kidshelpphone.ca>

Mental Health Canada—Provincial and Territorial Health Resources: <http://mentalhealthcanada.com/main.asp?lang=e> (select "Resources and Links")

#### ***Provincial***

Alberta Health Services: <http://www.albertahealthservices.ca> (search for "mental health capacity building in schools initiative")

BC Ministry of Education: <http://www.gov.bc.ca/bced/>—see Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia (select "Healthy Schools" and "Mental Health")

Health Alberta: <http://www.health.alberta.ca> (search for “children’s mental health plan”)

Healthy Schools BC: <http://healthyschoolsbc.ca/>

Mental Health Matters (Elementary): <http://www.education.alberta.ca> (search for “mental health matters”)

New Brunswick’s Wellness Strategy and Action Plan: <http://www.gnb.ca> (search for “wellness strategy”; also search for “action plan mental health” for the Action Plan for Mental Health in New Brunswick, 2011–2018)

The Ontario Centre for Excellence for Children and Youth:  
<http://www.excellenceforchildandyouth.ca>

Pan-Canadian Joint Consortium for School Health: <http://www.jcsh-cces.ca> (search for “Making the Grade: Positive Mental Health Practices in Schools”—how to promote positive mental health practices through school settings within the four Comprehensive School Health pillars of school and learning)

Province of Nova Scotia: <http://novascotia.ca> (search for “Kids and Learning First”; also search “Peace of Mind” for the Mental Health Promotion, Prevention and Advocacy Strategy and Framework)

School Mental Health Assist: <http://smh-assist.ca>. This site helps Ontario School Boards build capacity to support mental health and well-being. Housed within this site you will find the Ministry of Education document, “Supporting Minds” and its companion document for school administrators, “Leading Mentally Healthy Schools.”

Supporting Minds: An Educator’s Guide to Promoting Student’s Mental Health and Well-being: <http://www.edu.gov.on.ca> (search for “supporting minds”). This K–12 resource provides valuable information from recognizing early signs of mental health problems to strategies to support students who may be suffering from a mental health issue.

### ***First Nations, Métis, and Inuit***

A Child Becomes Strong: Journeying Through Each Stage of the Life Cycle: <http://en.beststart.org/> (select “Resources,” then “Aboriginal Child Development”; this document, K12-A, is available for free as a PDF).

The Culture of Well-being—Guide to Mental Health Resources for First Nations, Métis & Inuit People in Winnipeg: <http://www.wrha.mb.ca> (search for “culture of well-being”)

First Nations and Inuit Health: <http://www.hc-sc.gc.ca> (Select “First Nations & Inuit Health,” “Health Promotion,” and “Mental Health & Wellness”—Provides an overview of mental health issues affecting First Nations and Inuit communities, with links to Health Canada programs and services)

Full Circle—First Nations, Métis and Inuit Ways of Knowing: <https://www.osstf.on.ca> (search for “full circle”)

Health Canada: <http://www.hc-sc.gc.ca> (select “First Nations & Inuit Health,” “Healthy Promotions,” and “Mental Health”—provides basic facts concerning mental health and mental health services with links to related information and resources)

A Sense of Belonging: Supporting Healthy Child Development in Aboriginal Families (K04-E): <http://en.beststart.org/> (select “Resources,” then “Aboriginal Child Development”; this document is also available for free as a PDF)