



## Summer Mental Health and Well-Being Guide



As we end the school year and enter the summer months, **we pause to acknowledge moments of hope, courage, joy and resilience.** We also acknowledge the many realities that impact our mental health and well-being. The summer months may look different for each household. However you and your family spend the summer months, we hope this guide can provide helpful tips for maintaining positive mental health and well-being.

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**The resources offered in this guide are operated by organizations/service providers outside of the York Region District School Board (YRDSB). Supports and services may change without notice. We encourage you to contact the service provider directly to learn more about the service(s) being offered. YRDSB is not responsible for the operation and information found on external sites. Any inquiries regarding the linked websites should be directed to the organization operating the website.**

## Tips for Supporting Positive Mental Health and Well-Being Over the Summer

### 1) Create realistic routines.

The goal of establishing realistic routines is to add a sense of structure and control to your child(ren)'s day; it is not to re-create school or academic routines. **Be sure to include your child(ren) in shaping routines and plans where appropriate.** This inclusion gives children and youth a sense of mattering and ownership over their day and control within their environment.

### 2) Routines should be manageable.

All children and youth benefit from structure and routine; some children, including but not limited to children with special needs, are especially dependent on the predictability they provide. Consider routines that are easy or manageable and decrease stress, anxiety and oppositional behaviour. **Creating routines, structure, and predictability does not require recreating a school or community routine.**



### 3) Consider what works for your family.

The needs of your family and child(ren) should be centred when planning the summer months. Consider what brings joy, a sense of calm and meaning to each day. Build a routine inclusive of these considerations.

### 4) Healthy habits/practices

Incorporate movement/exercise, healthy eating and getting outdoors/in nature. Spend time playing and learning together. Learning is not always textbook or academic. Learning about culture, traditions, dancing, cooking and life skills are just as important. **Healthy practices include activities, traditions or norms that are meaningful to your family and promote positive mental health and well-being.** Be sure to include self, family and community care.

Action for Healthy Kids offers some tips on how to [Create a Family Self-Care Plan](#)

Visit [Living Well in York Region](#) for nutrition and health information on a variety of topics



## Monday to Friday Daily Themes

Themed days can be a fun way for children and youth to get creative and shape their day. Make each day of the week a Mindful Monday, Thoughtful Tuesday, Wellness Wednesday and beyond. Be sure to visit the [One Small Thing Children's Mental Health Awareness Week Calendar](#) for more themed activities.

### Plan Ahead With a Refrigerator Calendar

**Mindful Mondays** - Mindful Mondays invite us to slow things down by pausing, reflecting and being present in the moment. Start the week with Mindful affirmations. Try these or create your own.

*I am enough/ you are enough*

*I am capable/ you are capable*

*I am worthy/ you are worthy*



**Thoughtful Tuesdays** - Thoughtful Tuesdays invite us to focus on our thoughts and their connections to our feelings and actions. Expressions of gratitude can be a great way to be thoughtful! Consider, what am I/you grateful for? Small things matter, just like the big things in life. Try a [Gratitude Exercise](#).

**Wellness Wednesdays** - Consider what helps you and your family feel and do well? A [sound bath](#) is a great way to pause, decompress and manage stress and anxiety. Create your own sound bath or soothing music playlist. Think about the sounds/ songs that bring your child/family a sense of calm, joy, peace or a sense of “okayness.”

**Take Care Thursdays** - Take Care Thursdays invites us to consider how we care for ourselves and those around us. How do you and your family show care? Try this! Take time to plant, plant a seed and watch it grow. [You can use seeds from your very own kitchen](#). An outdoor garden or planter pots are not needed. Use what you have, such as old containers, detergent bottles and other items to plant.

**Focus Friday** - Focus Friday invites us to pause, reflect and consider situations in an intentional way. Moments of pause and reflection can be a great way to slow things down, focus and invite feelings of calm. Try [Mindful colouring](#), building, creating, journaling and other calming activities.



## Telephone & Chat Mental Health Supports

*The resources below are not crisis services. If you or someone you know is in a crisis situation, please call [310-COPE \(1-855-310-COPE \(2673\)\)](tel:1-855-310-COPE) or proceed to your nearest emergency room. For emergencies, contact 911.*

\*Please note: The following resources are not intended as a substitute for the advice of a trained professional.

[CMHA York Region and South Simcoe](#): **1-866-345-0183**

Monday to Friday from 8:30 a.m. to 4:30 p.m



[YorkHills](#): **905-503-9561**

Here to Help phone line, Monday to Thursday from 2 -7 pm.



[Naseeha](#): **1-866-627-3342**, Provides anonymous, non-judgmental, confidential and toll-free peer support to Muslim and non-muslims callers.



[Hope for Wellness Helpline](#): **1-855-242-3310**, Offers immediate help to all Indigenous peoples across Canada. Available 24 hours a day, 7 days a week.



[LGBT Youthline](#): **1-800-268-9688**, Confidential and non-judgemental peer support through telephone, text and chat services. Sunday to Friday, 4:00 PM to 9:30 PM.



[Black Youth Helpline](#): **416-285-9944/1-833-294-8650**, Serves all youth and specifically responds to the need for a Black youth-specific service. Telephone, text and chat services. Sunday to Friday, 4:00 PM to 9:30 PM.



[Good2Talk](#): Confidential support services for ages 17 to 25, Toll-free: 1-866-925-5454 or text GOODTOTALKON to 686868.



[Kids Help Phone](#) **1-800-668-6868**, provides support for children and youth via [text, phone, live chat, the always there app](#), and online resources. Available 24/7



[COVID-19 Helpline for South Asians](#): **647-846-2233**, Provides information about support services available to communities in **English, Hindi, Urdu, Tamil, Bangla and Punjabi**.

# YRDSB Mental Health

[Mental health support: Get help: 1-866-585-0445 or text WELLNESS to 686868 for youth and 741741 for adults.](#) Free and confidential mental health and substance use support is available 24 hours a day, 7 days a week from Wellness Together Canada.

[What's Up Walkin: 1-866-585-6486](#), Telephone or video sessions Monday to Friday 9 AM – 7 PM, Saturday 10 AM — 4 PM (last sessions at 3 PM).

[Youthlink: 416-967-1773 ext 222](#)

Counselling hours vary. Visit the service provider website for additional information

[408-HELP LINE: 416-408- 4357](#)

Distress Centres of Greater Toronto, 24 hours a day, 7 days a week

[Multilingual Distress Lines: 905-459-7777](#)

Monday to Friday - 10 am to 10 pm, Available in **English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.**

Visit [Mental health promotion in York Region](#) for additional Mental Health Resources in York Region



Visit [Provincial Mental Health Supports](#) for Province-wide resources and supports



## Virtual Supports and Walk-ins in York Region

[Family Services York Region](#), Virtual Walk-In is an opportunity for you to speak to a therapist the same day or the next day. Mondays, Tuesdays and Thursdays from 10 am to 5 pm (excluding holidays).



[Women's Support Network](#): Inclusive, and free Virtual Drop-In Support every Tuesday from 4-7 PM via zoom Virtual drop-in support is designed to support survivors and those at risk of sexual violence and/or human trafficking who are not currently receiving ongoing support or who are on waitlists to receive ongoing support.

[Join Zoom Meeting](#) Meeting ID: 852 6069 1867 Passcode: 483455



[YSSN Single Session Counselling](#): Single Session Counselling. Visit the [YSSN](#) Calendar to register and learn more.

[360°kids "Let's Chat!" Virtual Walk-in Clinic](#): Brief Virtual Counselling Service is available to all young people, ages 13-26 years old who reside in York Region. View our [online calendar to book your virtual appointment](#) with a counsellor. Alternatively, give us a call at 416-574-6372 for further information.



[Hong Fook Mental Health Association](#): Free single-session counselling service for young people ages 12 to 25 and their families.

**Counselling can be offered in Cantonese, English, Korean, Mandarin, and Tagalog.** For more information please call 647-534-8493 or email [counselling@hongfook.ca](mailto:counselling@hongfook.ca) to schedule your phone or video counselling session.



[MOBYSS](#): (Mobile York South Simcoe) Offers a safe space to talk to a medical or mental health professional in a warm, welcoming, friendly environment. They offer sexual health services among other services.



[YorkHills](#): Walk-in Counselling Clinic: Mondays and Tuesdays. 2 pm to 8 pm with the last appointment accepted at 6:30. Located at 10350 Yonge Street 4<sup>th</sup> Floor in Richmond Hill. Teens aged 12 and up may access this service independently. Contact 905.503.9560 for more information.



## Mental Health Hubs and Resources/Helpful Apps

**School Mental Health Ontario**: Practical resources for students, families and beyond



**Mental Health and Addictions Crisis Hub**: First Mental Health and Addictions Crisis Hub in York Region

**Jack.org Resource Hub**: Easy to access tools, tips and resources for children and youth

**SickKids**: Resources to help support your child's mental health and general well-being.

**Youth Wellness Centre**: The Youth Wellness Centre is a welcoming and inclusive space offering a range of services.

**Black Health Alliance Resource/knowledge Hub**: The Black Health Alliance is a community-led registered charity working to improve the health and well-being of Black communities in Canada.  
**Pathways to Care**



**BounceBack®**: A free cognitive behavioural therapy (CBT) program that offers mental health self-help support for those 15 and older. Toll-free: 1-866-345-0224.

**Kidsgrief.ca**: Resource to support grieving children and their caregivers.

**YOUTHLINK**: Multi-service agency offering youth and family counselling, parenting support, youth shelter and housing, education programs and community-based programs for youth aged 12 to 24 and their families.

**Connex Ontario**: Free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling.



**PAH!**: Specialized mental health services for the Deaf and hard of hearing children, youth and their families, and children of Deaf adults.

**Parents of Black Children Mental Health Fund**: POC Mental Health Fund partners with mental health clinicians to make sure that families can get the support they need.



## Helpful Apps



[MindShift](#): Mobile app from Anxiety Canada is designed to help teens and young adults cope with anxiety.

[Managing your stress and anxiety during COVID-19 mobile app](#)

The Managing Your Stress and Anxiety app provides tips and coping strategies to help manage your mental health during the COVID-19 pandemic. Available on both iOS and Android.

[Foundry](#) is a BC-based resources for teens and young adults provides tip sheets, videos and quizzes on mental health.

[Visit CAMH Apps for Mental Health to review additional Apps](#)

## [Resources For Students with Developmental Disabilities and Autism](#)

[Autism Ontario: Kids Camp \(Camp AOK\) & Adult Summer Program](#)

[Kinark Autism Services](#), [Kinark Autism Event Calendar](#)

[Kinark Creates](#)

[Kerry's Place](#)

[York Support Services Network](#)

[Urgent response services](#)

### [AUTISM SUPPORT GROUPS AND ORGANIZATIONS - YORK REGION](#)



## Health and Physical Education Resources



Looking for quick, easy, and fun activities to help children and youth stay happy and healthy throughout the summer months? PHE Canada offers FREE activities that engage children and youth in physical activity, healthy eating, and emotional well-being.

### [5 tips to get you connected with nature this summer!](#)

### [Resources to Support Parents and Caregivers with Health and Physical Education at Home:](#)

### [Enjoy a Healthy and Active Summer: PHE Home Learning Centre can Help!](#)

- [Summer Activities for K-3](#)
- [Summer Activities for 4-6](#)
- [Summer Activities for 7-12](#)

### [Things to do in York Region](#)

- [Nature's Classroom](#)
- [Trails in York Region](#)
- [Outdoor Education](#)
- [Physical Activity](#)

### [Ontario Parks](#)

## Summer Camps, Groups and More

**Doane House Hospice:** Free Children's Grief Art Therapy Camp

Dates: Wednesday, July 20th - Friday, July 22nd

Please Register by calling Doane House Hospice at 905-967-0259 ext. 151 or email: [kvalkanas@myhospice.ca](mailto:kvalkanas@myhospice.ca)

**Virtual 4-H Camp:** The youth development organization has put together a [virtual 4-H camp](#) offering various activities for children in grades pre-K through 12.

**RECREATION SUBSIDIES:** York Region offers subsidies for recreation programs, day camps and youth overnight camps.

**Newcomers' Health and Well-Being:** Provides mental health and primary care services to newcomers 12 years of age or older in York Region and South Simcoe who have physical and mental health concerns.

**Youth Wellness:** Supportive counselling services for youth in the areas of York Region and South Simcoe. This service is provided in person or virtually. Individuals may self-refer through the Central Intake department 1-866-345-0183 ext. 3321)

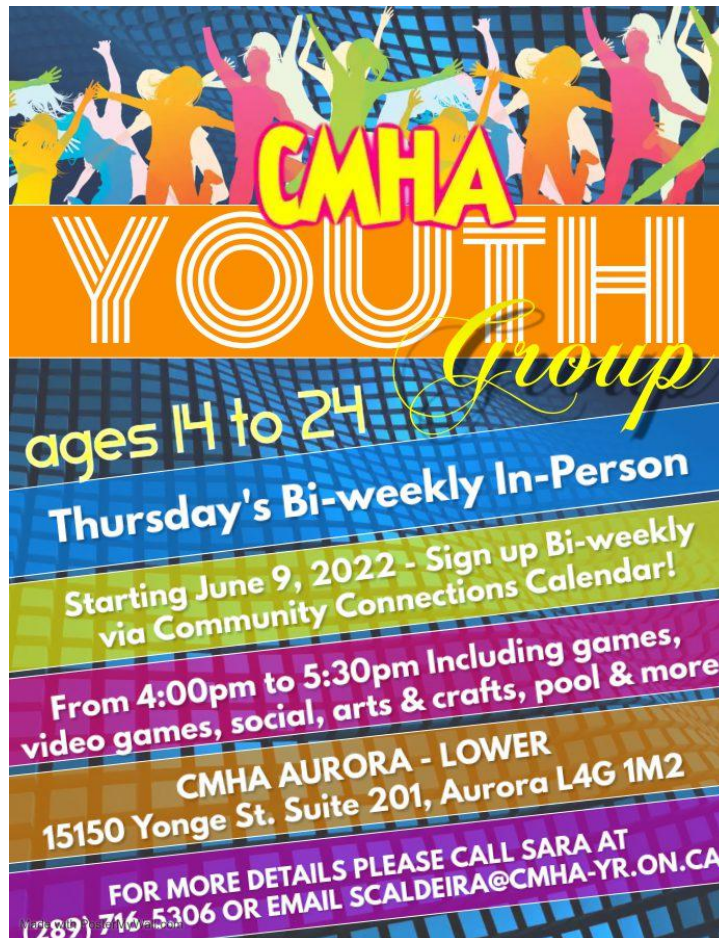
**Youth & Family:** Youth & Family program is for young people between the ages of 12 and 24, and their families and parents, who want to make changes connected with drug or alcohol use.

### **York Region Libraries and Resource**

**Centres:** Libraries and Resource Centres house a wide variety of programs and health information resources.







## [CMHA Youth Group](#)

- [Moksha Canada Foundation: Free Youth Connections Café](#), Mental health and wellness supports and resources to all youth, especially newcomers and racialized youth (16-24 years) in the York Region and all GTA.
- [Fuerza Latina Service Youth Mentoring Program](#): Youth Leadership Program aims to expand our participants' capacity to perform in leadership roles by improving their skills, abilities and confidence.
- [York Region Event listings calendar](#): Things to do in York Region and the surrounding area this summer



## Explore and Learn: Mental Health Information and Resources



- [York Hills Parenting Workshops & Webinars](#)
- [Hope House Virtual Weekly Wellness Practice](#): Yoga and Meditation practices
- [No Problem Too Big Or Too Small](#): A help-seeking resource for students.
- [“Build your skills” with Kids Help Phone](#): For students
- [School Mental health Ontario](#)
- [Punjabi Community Health Services](#)
- [Yoga/meditation videos in punjabi](#)
- [Centre for Addiction and Mental Health \(CAMH\)](#)
- [Children's Mental Health Ontario](#)
- [Soch Mental Health](#) (South Asian Mental Health)
- [Black Health Alliance](#)
- [Kids Help Phone](#)
- [Ontario Centre of Excellence for Child and Youth Mental Health](#)
- [Mind check](#)
- [Teen Mental Health](#)
- [eMental Health](#)
- [Anxiety Canada](#)
- [Free Mental Health Counselling](#)
- [Helping Other Parents Everywhere](#)
- [Mind Your Mind](#)
- [I Feel Good! A Guide to Support the Mental Health and Well-Being of Children and Youth who are Deaf/deaf and Hard of Hearing in Ontario's Schools](#)
- [NEDIC](#) (National Eating Disorder Information Centre)

## York Region District School Board Community Partners

The YRDSB is proud to partner with [community agencies](#) that provide mental health services. These agencies add to the services delivered by school-based social work and psychology staff. Our community partners help us to meet the diverse needs of our students. This includes offering services in multiple languages. Each community partner provides a range of services outside of the instructional school day. To learn more about the services provided by each community Partner please contact the service provider directly.

- [360 Kids](#)
- [Addiction Services of Central Ontario](#)
- [BridgeNorth Women's Mentorship & Advocacy Services](#)
- [CMHA \(Canadian Mental Health Association\) York Region and South Simcoe](#)
- [COSTI](#)
- [Doane House Hospice](#)
- [Evergreen Hospice](#)
- [Family Services of York Region](#)
- [Hong Fook](#)
- [Hope House Community Hospice](#)
- [Hospice Georgina](#)
- [Hospice Vaughan](#)
- [Jewish Family and Child Service \(JF&CS\)](#)
- [John Howard Society](#)
- [Kinark](#)
- [Markham Family Health Team](#)
- [TAIBU Community Health Centre](#)
- [Women's Support Network of York Region](#)
- [Yellow Brick House](#)
- [York Hills](#)

