

Mental Health Resources 2020-2021

Crisis Mental Health Supports for Students:

- 310-COPE: 905-310-COPE (2673) or 1-855-310-COPE (2673) - available 24/7
- KidsHelpPhone: 1-800-668-6868, text 686868 - available 24/7
- Mental Health Helpline: 1-866-531-2600 - available 24/7
- York Hills Help Phone Line: 905-503-9561 Monday, Wednesday, Friday 9:30-4:00pm for children and youth (0-18 years) and their parents, caregivers or adult supporters. Visit www.yorkhills.ca for more information.

Community Services:

- Markham Stouffville Hospital 905-472-7000
- Poison Control 1-800-268-9017
- Canadian Mental Health Association—York Region cmha.yr.on.ca; 905-841-3977
- Addiction Services for York Region asyr.ca; 905-841-7007
- Lesbian Gay BI Trans Youth Line youthline.ca; 1-888-687-9689

York Region Serial Health alit

AccessYork@york.ca; 1-800-361-5653

Community Services continued:

- Family Services-York Region fsyr.ca; 905-415-9719
- York Region Children's Aid Society yorkcas.org; 905-895-2318
- Bereaved Families of Ontario—York Region bfoyr.com; 905-898-6265
- York Region Abuse Program centralhealthline.ca; 905-895-3646
- Information Markham and Volunteer Centre volunteermarkham.ca; 905-415-7500

How to support your child's mental health during

COVID-19 and the return to school

<https://smho-smso.ca/covid-19/parents-and-families/>

[211 Ontario](#)

List of community resources across

Ontario

[About Kids Health – The Hospital for Sick Children](#)

Information for parents about signs, symptoms, treatment for various mental health conditions.

Provides resources for parents.

[Anishnawbe Health Toronto](#)

Comprehensive approach to health care for the Aboriginal community.

Healing Centre for the Aboriginal community of Toronto.

[Anxiety Canada](#)

Information and tools on anxiety and how to manage it.

[Caring for Kids](#)

Information for parents from Canadian pediatricians with a focus on teen health.

[Cannabis: What Parents/Guardians and Caregivers Need to Know](#)

Info sheet from School Mental Health Ontario and the Centre for Addiction and Mental Health (CAMH) for

parents/guardians and caregivers of youth in grades 6-12.

[Connex Ontario](#)

Addiction, mental health and problem gambling treatment services.

[How to Talk to your Child When you are Concerned](#)

Tips for parents in talking with their child when they are concerned that their child might be struggling with a mental health problem.

[LGBT Youthline](#)

LGBTQQ2SI peer support
Telephone, text, chat services

[Mental Health and Youth](#)

Created by Ottawa Public Health, this resource offers videos and tips for parents on talking to their youth about mental Health

[Opioid Info Sheet](#)

Info sheet from School Mental Health Ontario and the Centre for Addiction and Mental Health (CAMH) for parents/guardians and caregivers.
Includes information on fentanyl.

[Parents of Children's Mental Health](#)

Support for parents that have children with mental health problems.

[PFlag Canada](#)

Canada's only national organization that offers peer-to-peer support to help all Canadians with issues of sexual orientation, gender identity and gender expression.
Support, education and resources for clients and families.

[Prevnet](#)

Anti-bullying
LGBTQ resources and support

[The Canadian Centre for Gender and Sexual Diversity](#)

Information and resources for the community

[York Region Mental Health Resource List](#)

Provides a list of community resources available to support a variety of issues and concerns.