



Kawartha Pine Ridge
District School Board



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 MOVE YOUR PET
 CUDDLE YOUR PET
 BE STRETCH OUTDOORS
 READ
 DO WHAT YOU LOVE
 SMILE
 YOGA
 WALK
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 BE KIND
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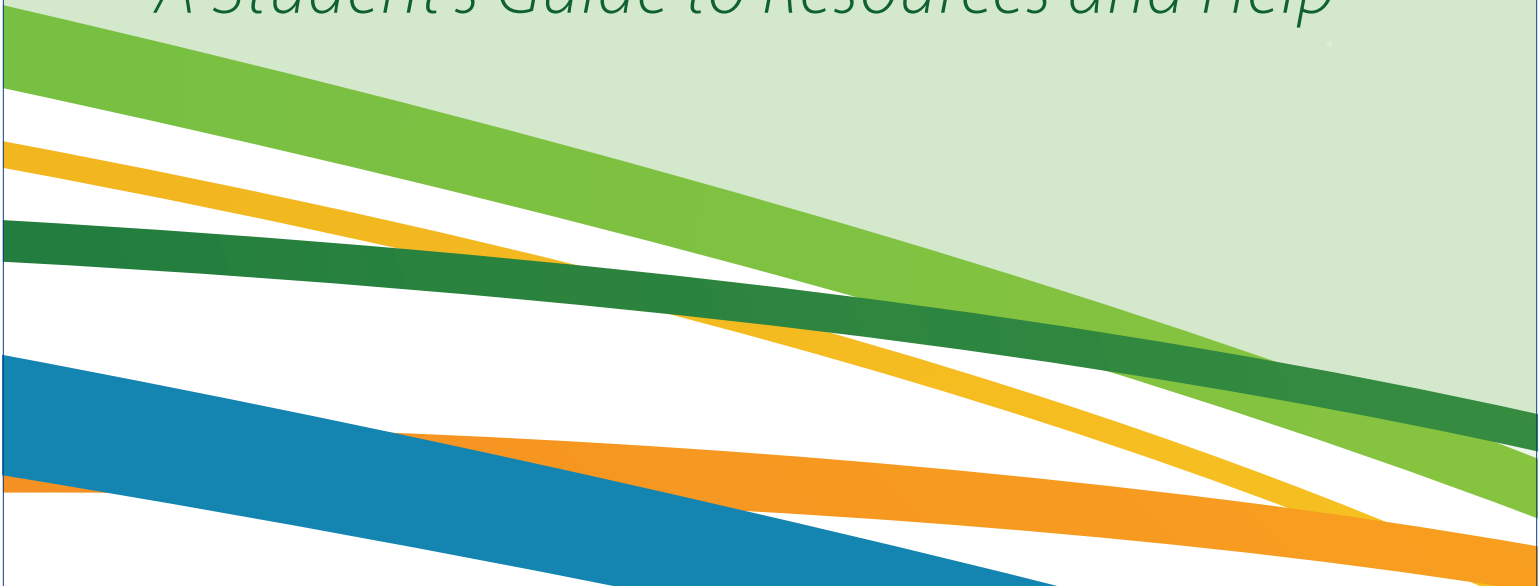
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 BE POSITIVE

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 EXERCISE
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 HELP SOMEONE

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 MANAGE YOUR TIME
 DANCE
 EAT HEALTHY

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 SEEK HELP
 LISTEN TO MUSIC
 WRITE IT DOWN

Your Mental Health Matters:
A Student's Guide to Resources and Help





Mental health is something that we all have, and is something that we all need to be talking about.”

Opening Words

Student success and well-being is a priority across the Kawartha Pine Ridge District School Board, and student mental health is of utmost importance to achieve success. With this student-made, student-curated handbook, we hope to encourage different strategies to help students cope with stress and anxiety, as well as different ways to improve your mental well-being. This handbook also provides ideas for new initiatives within school communities to reduce the stigma associated with mental illness and create a sense of belonging within schools. If there is one takeaway from this handbook, it is that mental health is something that we all have, and is something that we all need to be talking about.

Table of Contents

Mental Health vs. Mental Illness	1
Things you can do right now to improve your mental health	2
Tips for Staying Mentally Healthy	3
Reducing Stress	5
Mental Health Statistics	6
Stress Busters for Exams	8
Planning Mental Health Awareness Activities	9
How to Help a Friend: Research from Kids Help Phone	12
Mental Health Resources Outside of the School	13
Warning Signs of Suicide Risk	14
What to Say and Do	14
Help for Yourself and Crisis Numbers	15
Help and Resources by Region	16

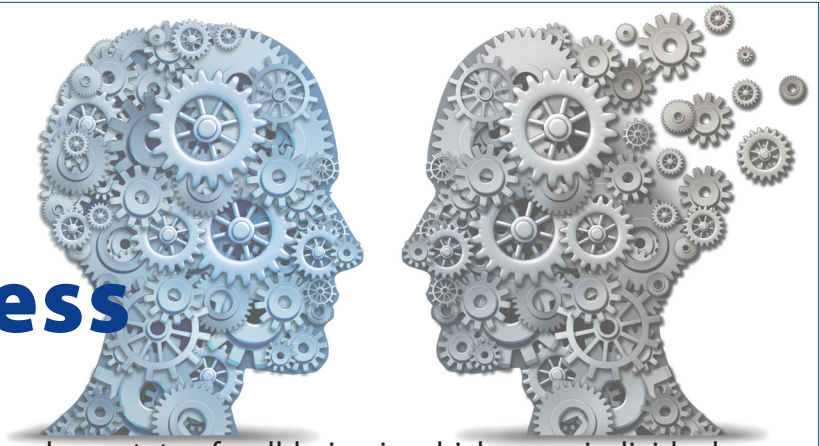
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Mental Health vs. Mental Illness



What is Mental Health?

Everyone has mental health. Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community (World Health Organization, 2014). So our mental health includes how we think, feel and act. When we have good mental health it helps us cope with everyday stressors such as school assignments, deadlines, work responsibilities and peer problems. Learning strategies to cope with stress, finding things we are good at and enjoy, and maintaining supportive relationships with family and friends can help us enjoy good mental health.

https://www.who.int/features/factfiles/mental_health/en/

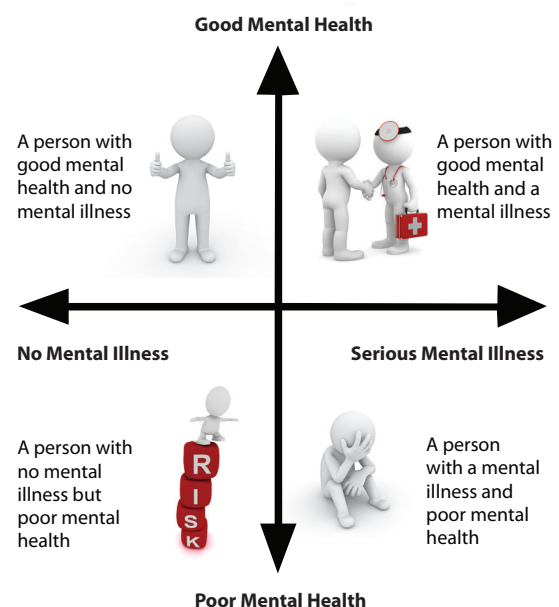
What is Mental Illness?

Mental illness is characterized by alterations in thinking, mood or behavior associated with significant distress and impaired functioning (Gov't of Canada, 2015). When someone has a mental illness the psychological, emotional and behavioural symptoms interfere with their ability to carry out the tasks in their daily life. Individuals with mental illness often stop doing the activities they once enjoyed and school, relationships and taking care of themselves becomes more difficult. Mental illness can be diagnosed by a doctor, psychologist or psychiatrist. Examples of mental illness include Generalized Anxiety Disorder and Depression. With treatment (such as talk therapy) people with mental illness can recover.

<https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness.htm>

To learn more about mental health and mental illness check out this video: https://www.youtube.com/watch?v=Klswi_4yRaE&feature=youtu.be

We can think about mental wellness and having symptoms of mental illness on two different continuums. A person may not have a mental illness but can still have poor mental health. As well, a person can have a mental illness but have good mental health. The diagram on the right shows how it can vary.



(Adapted from Centre for Addiction and Mental Health, 2014)

Things you can do right now to improve your mental health

Tip #1

Eat a healthy diet

Using Canada's Food Guide will benefit your health. Have breakfast every day. Eat more vegetables and fruit. Drink water to quench your thirst. While grocery shopping, read the Nutrition Facts table on food labels to eat healthier.



Tip #2

Be active

Youth ages 5-17 years need at least one hour of physical activity each day. It can help you to feel good, reduce stress, maintain a healthier weight and lower your risk for illness. Try things that fit into your life like going for a walk, a bike ride, jogging or swimming.



Tip #3

Get enough sleep

Sleep provides a time for our bodies and minds to rest and restore. Youth need 8-11 hours of sleep a night. Some things that may help include: having a regular routine, avoiding caffeine and alcohol, winding down with a good book or bath and keeping your room dark, cool and electronic free.



Tip #4

Offer to help someone else

Helping others benefits you too. It can increase your feelings of well-being and being connected. Find out where there's a need close to you (e.g. volunteer at non-profit organizations, or a senior's home, or help a neighbour).



Tip #5

Get involved and be creative

Taking part in local programs gives you a chance to create, express and connect with others. Getting involved has benefits for you and your community. Share your talents and find out what's going on in your community (e.g. community gardens, art/ cultural events and festivals).



Tip #6

Review what matters to you

Finding purpose and meaning in life promotes positive mental health. It can be a source of strength, inspiration, a means of coping with life and personal growth. This may include spiritual beliefs, religious practices, worship or other activities that have meaning. Take time to review what matters to you and find ways to celebrate life.



Tip #7

Manage work stress

While work benefits our mental health in many ways, it can also be a source of stress. Some things that can help manage work stress are: thinking positively, getting to know your co-workers, finding a mentor, taking your breaks, getting training, learning new skills and trying to leave work on time.



Tip #8

Build and enjoy healthy relationships

Having healthy relationships with friends and family can be a source of support when we feel stressed. These relationships can provide us with feelings of love, value and respect. Consider going for a coffee or a walk with a friend. Sometimes relationships can be a source of stress. It may be helpful to think of conflict as a normal part of life and try to take steps to resolve it.





TIPS FOR STAYING MENTALLY HEALTHY

Taking care of your mental health is just as important as staying physically healthy. Sometimes mental and physical health can go hand-in-hand, where caring for one can have positive impacts on the other. It's important to look after your mind just as much as you look after your body. Here are some ways you can stay mentally healthy.

Exercise: Research shows exercise is a great stress reliever. It reduces muscle tension, improves blood flow, and floods your body with feel-good chemicals. Exercise has been shown to reduce anxiety and symptoms of mild depression.

Eat well: Choosing the right foods more often, having a healthy breakfast, and eating regular meals can keep your mood and energy levels steady. Many nuts, fish, fruits, and vegetables contain ingredients that are good food for mind and body.

Watch what you drink: The caffeine in coffee, black tea, cola and energy drinks may give you temporary energy, but it can also make you nervous, irritable or restless. Avoid caffeine at least two hours before bedtime, and drink plenty of water throughout the day. Water is important because it replenishes brain cells and helps fight fatigue.

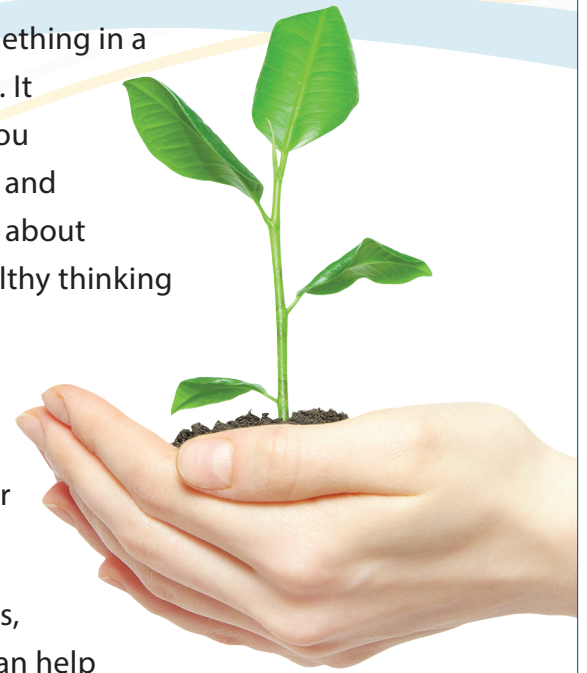
Get enough sleep: Sleep plays a huge role in mental health. Quality sleep rests the brain and replenishes brain cells. A refreshed brain helps our mood, decision-making, and social interactions. Get into a sleep routine; cut "screen time" and take part in quiet activities before heading to bed at the same time every day.



Practice healthy thinking: Healthy thinking is thinking about something in a balanced way and seeing a situation or problem for what it really is. It means looking at all factors in a situation and then deciding how you feel about it. It can help you deal with life events and relationships, and improve your confidence and self-esteem. Talking to a professional about what's bothering you can really help if you struggle to manage healthy thinking on your own.

Connect to something bigger: Connect to a cause you care about, or volunteer. Find a spirituality to call your own, whether through individual prayer or meditation, formal worship services, or simply connecting with nature.

Build a healthy support system. Healthy relationships with friends, family, and co-workers is vital to good mental health. Loved ones can help you get through hard times, build your self-confidence, and show you that you're valued. They can also help by sharing advice or information based on their own experiences.



Make time to play, relax, and have fun: Do something that you enjoy! Whether you are stressed about school, family issues, etc., doing something that is fun, relaxing and enjoyable will get your mind off of it. Examples include, hanging with friends, fishing, sleeping, working out, watching TV, singing, dancing, listening to music, going for a run or a walk, eating a meal you love, or eating something healthy. Self-care is crucial! Remember to take care of yourself in times of stress and anxiety.

Organize: As students, our lives are very busy. Trying to balance part-time jobs, family life, school, extra-curriculars, and a social life can be very hard. By prioritizing (e.g., making a schedule of upcoming events) we can be more organized and alleviate stress.

For more details on staying mentally healthy, visit <https://cmha.bc.ca/documents/improving-mental-health/>

REDUCING STRESS



How can students handle stress?

- Time management – prioritizing.
- Taking a break – spending time with friends.
- Taking a break from technology – putting the phone down.
- Making a schedule – knowing what is on, and planning for the upcoming week is important.
- Doing something that you ENJOY. Whether you are stressed about school, family issues, etc., doing something that is fun, relaxing and enjoyable will get your mind off of it. Examples include, hanging with friends, fishing, sleeping, working out, watching TV, singing, dancing, listening to music, going for a run or a walk, eating a meal you love, or eating something healthy. It is VITAL to have self care, and take care of yourself in times of stress and anxiety.
- Creating a routine – sticking to a routine helps your body stay in control.
- Having supportive friendships helps teens to:
 - » Adjust to change in positive ways
 - » Feel good about themselves and have a positive outlook
 - » Feel connected to others

If friendships are based on harmful interests such as drug use or other risky behaviours, they can have a negative impact on a teen's mental health and school performance. Teens entering high school will make new friends and may choose to re-invent themselves (e.g., change the way they dress or the music they listen to.)

For more resources please visit: <https://psychologyfoundation.org/>

What are the available resources at school?

- Teachers and other staff are always willing to listen and suggest further supports.
- Guidance Offices can offer counselling and information about school board and community mental health supports.
- There is a Mental Health Clinician who is a trained mental health professional who provides counselling at your school.

What can your school do?

- Start a Mental Health Group, where students discuss what is going on with their life. You need a supportive adult to guide this.
- Run and participate in activities such as Children's Mental Health Week
- Do little activities throughout the year, or do one big event every month, leading up to a big event near end of the year.
- Work with school staff to create a "chill space".



Mental Health Statistics

Mental illness affects people of all ages, education, income levels & cultures¹

Children & Youth



of **Canadian youth** are **affected** by a **mental illness or disorder** – the single most disabling group of disorders worldwide¹.

As many as **1 in 5 children & youth** in Ontario will experience some form of mental health problem²



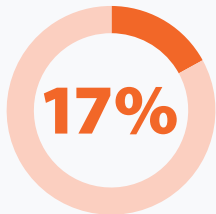
but only **1 out of 5 children** who need mental health services receives them¹.

1.1% of children (4-11) and **5.1% adolescents** (12-17) have a **major depressive disorder** that is serious enough to require treatment³

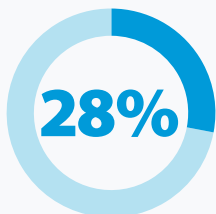
8.2% of children (4-11) and **11.3% adolescents** (12-17) have an **anxiety disorder** that is serious enough to require treatment³



of mental health problems **begin in childhood or teen years.**



of children **ages 2-5 years** meet diagnostic criteria for **mental health problems**².



of students report **not knowing where to turn** when they wanted to talk to someone about mental health².

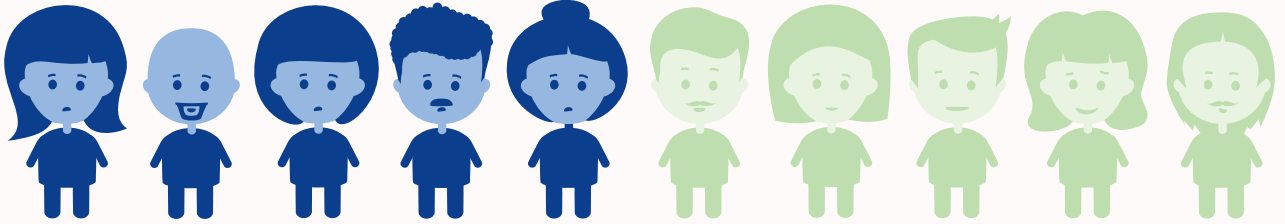


The total number of **12 to 19-year-olds in Canada** at **risk for developing depression**¹



Emotional disorders (depression and/or anxiety) **increased** for youth **from 1983 to 2014** from **9.2% to 13.2%**³

Adults



By age 40, about **50%** of the population will have or have had a **mental illness**¹.



In practice, **62% of women** would probably or definitely want their friends to know they have a mental illness compared to **45% of men**¹.

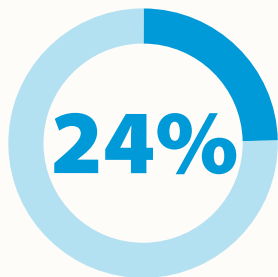


Approx.
8%

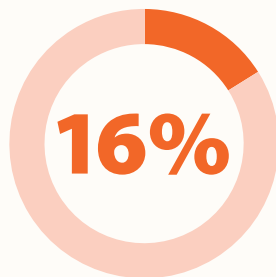
of adults will experience **major depression** at some time in their lives.

Suicide

SUICIDE accounts for:



of all deaths among **15 to 24-year-olds**¹



of all deaths among **25 to 44-year-olds**¹

Canada's **youth suicide rate** is the **third highest** in the industrialized world².

In **2007, 3,611 Canadians** died as a **result of suicide**;

790 of those **individuals** were **between the ages of 10 & 29**¹.



4x

The **mortality rate** due to suicide **among men** is four times the rate among women¹.

References

¹ Canadian Mental Health Association, 2019: <https://cmha.ca/about-cmha/fast-facts-about-mental-illness>

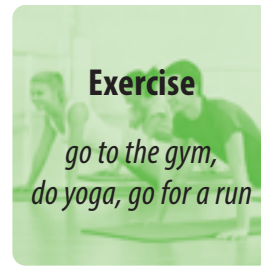
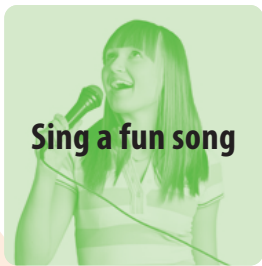
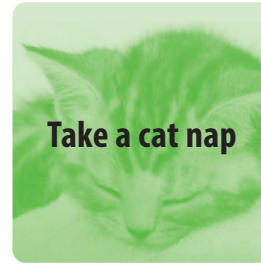
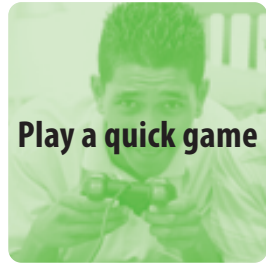
² Children's Mental Health Ontario, 2019: <https://www.cmho.org/>

³ Ontario Child Health Study, 2019: <https://ontariochildhealthstudy.ca/>

Stress Busters for Exams

Make sure you schedule study breaks to refresh yourself!

Here are
some
ideas:



Sleep – Research shows that **sleep after learning supports memory**. Make sure your **brain is rested** so it can consolidate your learning and think during the exam.

Eat well – Your brain needs **vitamins, minerals and good nutrition** to work optimally. Make sure you **have breakfast the day of the exam** and limit your caffeine intake while you are studying.

Move – **Exercise improves memory** and attention, so **get moving** during study breaks and before your exam.

Drink lots of water – Your **brain needs water to focus** and be efficient—a dehydrated brain performs 15% slower than a hydrated one.

Use positive self-talk – It can decrease your stress and anxiety.
"You've got this!"

#mindsmatter@kprschools

Planning Mental Health Awareness Activities

Students and educators need to keep in mind that not all mental health resources, presenters, and initiatives are created equal, are evidence-based, and are aligned with School Mental Health Ontario best practices. Students and educators always have the best of intentions to tackle sensitive issues and difficult topics, but because there is potential to cause harm to those at-risk for mental health problems, we need to exercise caution and find safe ways to raise awareness. When you need some help and guidance about choosing activities or programs, please consult with Dr. Deanna Swift, the KPR Mental Health Lead, your Mental Health Clinicians, or school psychologist.

To help students, staff, and wellness committees make sound decisions about safe mental health awareness initiatives, the following resources can be useful.

School Mental Health Ontario Decision Support Tool for Student Awareness Activities:

<https://smh-assist.ca/blog/school-mental-health-decision-support-tool-student-mental-health-awareness-activities/>

Durham Region Health Department

<https://www.durham.ca/en/health-and-wellness/resources/Documents/SchoolHealth/mhSecSchools.pdf>

Durham TAMI (Talking About Mental Illness) Toolkit

<https://tamidurham.ca/images/SummitActionPlan.pdf>



COPING WITH STRESS

Stress is one of the multiple causes of mental health issues in teens across Canada. As humans, we are designed to experience stress, and react to it, but sometimes that stress can become too much, and we don't know what to do. It will put a toll on your body, causing you to feel down, but there are ways to deal with stress that can put you out of the danger zone of mental health. As a team, we are planning to go over coping methods, and to run an activity on make your own stress ball. We plan on having a small presentation on how to deal with your stress and the steps to go through if you're feeling overwhelmed. We also plan on creating a handout with these steps for people to take home, so they can remember what they have learned. We are hoping to give multiple methods and ideas for coping with stress, giving schools an idea to bring back to students at their own schools.



Stress Ball Materials

- Balloons
- Flour
- Tables
- Bowls
- Funnels
- Spoons/scoops

We will be using a PowerPoint that will go over facts about stress and how to cope, as well as leaving instructions on how to make the stress ball.

Instructions

1. Blow up the balloon slightly (optional)
2. Stick a funnel into the neck.
3. Fill the balloon slowly
4. Pinch out excess air and tie closed
5. Snip off the excess rubber.

CALMING JAR

Calming jars can be used as a strategy for practicing mindfulness and relaxation. They are also really fun to make!

Here is what you do:

Fill a container (any size with a secure lid) with warm water.

Add glitter glue and shake to mix well.

Add beads, pompoms, sequins, small objects such as shapes and charms.

(You can also add glycerin if you want to make the solution thicker.)

The glitter and token in the jar can represent any stress or worry on your mind. Shake the jar for as long as you wish, then breathe deeply as you watch the contents settle. You may notice your body and thoughts settle as well. To practice deep breathing, breathe in through your nose for 3 counts, hold for 3 counts, and breathe out through your mouth for 3 counts.



GRATITUDE STONES

Practicing gratitude on a regular basis can improve our sense of well-being and happiness as well as contribute to a more positive outlook on life. Gratitude rocks can be used as a daily reminder to bring to mind the things for which we are grateful.

You will need:

River rocks or other small smooth stones

“Glass writer” markers in various colours

Decorate your rocks with designs or words that are positive, calming or uplifting. Deliberately place them in spots where you will encounter one each day (a pocket, beside your toothbrush, in your backpack pouch). When you notice the rocks, use it as a prompt to reflect on something in your life you are grateful for. You can also create a “Gratitude Journal” by writing these things down each day.



How To Help A Friend: Research From Kids Help Phone



If you are worried about a friend who may be struggling with their mental health, then continue to read this, to see how you can help them.

These tips are from Kids Help Phone.

Listen. Be there. Letting your friend know that you are concerned for them and care about their mental well-being allows them to trust you, and count on you.

Spend time together. By doing something you both enjoy, you are taking their mind off of what is bothering them.

“When your friend is ready to talk in person or online, it is important to listen to them and let them know you hear them. Don’t interrupt, judge or give advice, unless they ask. Feeling heard and supported can be very helpful, and talking to you may be the first step your friend takes to getting professional help.”

Provide hope. Let your friend know that you believe it will get better, and they will get better. “Tell your friend how honoured you are that they reached out to you, if you’re feeling that way.

Involve Others. Encourage your friend to not just seek help with you, but with other resources. These may include:

- Family member (parent/caregiver, sibling, grandparent, etc.)
- Doctor or health professional
- Teacher /Principal
- School Social Worker
- Counsellor
- Community Mental Health Worker
- Spiritual Leader

Take care of yourself. Even though you may be helping someone else, you still need to take care of your own mental well-being.

If you are worried your friend is thinking about suicide you need to get them help right away. Do not leave them alone. Tell a caring adult—Do NOT keep this secret even if your friend wants you to.

Mental Health Resources Outside of the School

Here are some great sources of free information and advice.

Kids Help Phone: 1-800-668-6868 or online at <https://kidshelpphone.ca/> offers phone and web counselling for youth up to age 20. It's free, confidential, anonymous and available 24 hours a day, 7 days a week. The website includes information on a variety of topics, surveys, games and workbooks. The Always There app, introduced by Kids Help Phone for free download to iPhone, Android and Blackberry devices, provides password-protected space for kids to log their feelings, share tips, and access information. It also allows them to connect with a Kids Help Phone counsellor over the phone, or through Live Chat.

Bro Talk: Kids Help Phone introduced BroTalk – online and telephone-based support and counselling specifically for teen males – at 1-866-393-5933.

Mind Your Mind: The website gives youth & young adults resources and interactive tools for mental health help, and focuses on reducing the stigma associated with mental illness. It has interactive tools to help young people cope and de-stress, including the Mind Your Mood app, <https://mindyourmind.ca/tools>.

BeSafe App: A free app to help youth connect with mental health and addiction resources, BeSafe is available for free download to any Apple or Android mobile device province-wide, from <https://besafeapp.ca/>. It also lists community-specific agencies and resources available for youth in Durham Region and Quinte West.

Teenmentalhealth.org offers helpful information and resources, including a section for youth who want to know how to support friends undergoing mental health issues.

Kidsmentalhealth.ca has a wealth of online resources for children, youth, families, teachers and mental health professionals. The website is maintained by Children's Mental Health Ontario.



Warning Signs of Suicide Risk

- C** Changes in behaviour (withdrawal, risk taking, self-harm, new or increased substance use, change in hygiene)
- H** History of suicide attempts or experience
- A** Absenteeism a drop in school performance, concentration or engagement
- N** Negative mood or signs of depression (sadness, tears, difficulty sleeping or eating, irritability, apathy)
- G** Good-bye gestures, such as giving important things away
- E** Expressing hopelessness, helplessness and worthlessness or a wish to die
- S** Social changes such as friendships, activities, conflict



What to Say and Do

If you suspect a person is thinking about suicide...

- Talk about it. Start gently; be sensitive but direct.
- Let them know you are concerned and share what you are noticing.
- Ask them directly, “Are you thinking about suicide?”. Talking about suicide will not put them at greater risk.
- Listen with your full attention and give them a chance to respond. Be persistent; ask more questions if needed.
- Be patient and non-judgemental.
- Take all suicide behaviours and comments seriously.
- For emergency situations call 911 or go to the emergency department of your local hospital.
- Call a crisis line.
- Do not promise secrecy. Consider who else needs to know, eg. parent/guardian.
- For students, contact the school principal who will follow the school board’s protocol.

Don’t forget to take care of yourself. It can be difficult to support someone who is thinking about suicide. It is a sign of strength to reach out and ask for help if you need it.

Remember to provide hope. Thoughts of suicide and feelings of hopelessness are not usually permanent and will pass.

Help For Yourself

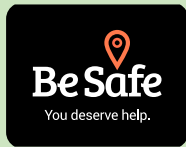
If you are having thoughts of suicide...

If you're at school, tell a caring adult you need to speak to your School Board Counsellor and tell them it's about suicide.

- Reach out for help: tell someone or call a crisis line.
- Avoid substance use such as alcohol and drugs.
- Seek professional help such as your doctor or counsellor.
- If you feel you can't keep yourself safe, call 911 or visit the Emergency Department of your local hospital.

Crisis Numbers

911 Emergency Response, or visit your local hospital emergency department



<https://besafeapp.ca> Download Free

Kids Help Phone	1-800-868-6868 or text "CONNECT" to 686868 (open 24/7)
Distress Centre Durham Clarington	24 hour telephone helpline service 905-430-2522 or 1-800-452-0688 or text 741741 (text to chat open 2:00pm – 2:00am)
Durham Mobile Crisis Services Clarington	Free and confidential support for individuals experiencing a personal or situational crisis. 24 hours a day, 7 days a week, all ages 905-666-0483 or 1-800-742-1890
Lakeridge Health Oshawa	Youth Crisis Assessment available for children and youth coming to the Emergency Room for psychiatric emergency, 24 hours a day, 7 days a week, ages 5-18
Mental Health Helpline (ConnexOntario)	Provides information about mental health services in Ontario 24 hours a day, 7 days a week for all ages. 1-866-531-2600 www.connexontario.ca
Four County Crisis Peterborough/ Northumberland	705-748-6711 ext. 3009

Kids Help Phone

Phone:

1-800-668-6868

Kids Help Phone is Canada's only toll-free, 24-hour, bilingual, confidential and anonymous phone and web counselling, referral and information service for children and youth aged 5-20.

Web site is very interactive containing: helpful tools including breathing and tension release exercises * online games and comics * quizzes and surveys * forums * chat with live counsellors * bullying information * LGBTQ * mental health * Internet issues and safety * violence and abuse information and advice

Peterborough

Kinark Child and Family Services

380 Armour Rd., Suite 275, Peterborough

Phone: 705-742-3803

Toll Free: 1-800-386-6561

Central Intake: 1-888-454-6275

Website: www.kinark.on.ca

Hours: Mon-Thurs 9 am-8 pm

* Fri 8:30 am-4:30 pm

Provider of services and supports for children and youth with complex needs and their families. Services are provided in the areas of Child and Youth Mental Health, Autism and Forensic Mental Health/Youth Justice.

Chimo Youth & Family Services

107 Lindsay St. S, Lindsay

Phone: 705-324-3300

Crisis Line: 705-324-3300 ext. 3

Toll Free: 1-877-661-2973

Website: <http://chimoyouth.ca/>

Chimo Youth & Family Services is an accredited Children's mental health agency funded by the Ministry of Children and Youth Services, A voluntary program that provides a variety of services to meet the needs of children, youth and their families in the community.

Services include: clinical services, crisis services, day treatment, group, family skills building and support program, residential mental health, respite support, TAPP-C, and walk in/brief services.

Peterborough Youth Services

459 Reid St., Peterborough

Phone: 705-743-1681

Toll Free: 1-888-475-3420

Website: www.pysonline.ca

Hours: Mon-Wed 9 am-7 pm

Thurs & Fri 9 am-5 pm

*during July & August open

Mon-Fri 9 am-5 pm*

Provides counselling and support to young people aged 10-18 and their families.

A range of services are available, including individual, family, group and outreach/crisis counselling and Youth Justice Programs

Peterborough

Peterborough Regional Health Centre

1 Hospital Drive, Peterborough

Family and Youth Clinic & Eating

Disorders: 705-876-5114

Adult Outpatient Program: 705-876-5028

Lynx Early Psychosis Intervention

Program: 705-876-5071

Psychosis Assessment and Treatment

Clinic: 705-876-5071

Website: www.prhc.on.ca/cms/regional-mental-health

A range of Mental Health Services (MHS) are offered by Peterborough Regional Health Centre and supported by the Central East Local Health Integration Network (CE LHIN). MHS provides regional leadership and expertise in conjunction with community partners in the assessment, stabilization and treatment of individuals and their families with serious mental health and addiction concerns.

Peterborough Regional Health Centre

1 Hospital Drive, Peterborough

Phone: 705-743-2121 ext. 3702

Website: www.prhc.on.ca

Crisis consultation available in the Emergency Department 24/7.

Family and Youth Clinic: An outpatient program that offers treatment to children and adolescents 0-18 years of age who have significant mental health difficulties, and their families.

For families who live in Peterborough County with children under the age of 19. Also for families from Haliburton, City of Kawartha Lakes, and Northumberland County whose children require specialized services that are not available in their communities.

Canadian Mental Health Association Four Counties Crisis

Phone: 705-748-6711 ext. 3009

Website: <https://cmhahkpr.ca/>

A voluntary community crisis response service. Staff will assist callers age 16 and up in dealing with their immediate crisis no matter what it is. Available to people who live in Peterborough City & County, City of Kawartha Lakes, Haliburton, or Northumberland. Offers initial support through local and toll free phone lines.

Services include: Telephone and/or mobile crisis intervention, short-term case management, short-term crisis/safe beds, helpful information, emotional support, referrals to other appropriate resources.

Staff also specialize in serving people who have an intellectual disability or concurrent disorder. Staff have access to a Behavioural Consultant and Addiction Counselor.

Fourcast

130 Hunter St. W. #200, Peterborough

Phone: 705-876-1292

Toll Free: 1-800-461-1909

Website: www.fourcast.ca

Offers help for people who struggle with alcohol, drug or gambling abuse and related issues. Assists with choosing a treatment path, individual and group counselling, and works in collaboration with community service partners in Peterborough, Northumberland County and City of Kawartha Lakes-Haliburton to support people who are homeless or may become homeless.

Northumberland

Rebound Child and Youth Services Northumberland

700 D'Arcy Street, Cobourg

Phone: 905-372-0007

Toll Free: 1-877-688-0007

Website: www.rcys.ca

Hours: Monday-Friday 9am-5pm

Supports for young people (ages 4-23) and their families with preventative, early intervention and bridging support services that include group programs, one to one service, as well as links and referrals to other community services. Programs include:

Youth Mental Health Supportive Services - Can be accessed by children and youth aged 8-18 years across Northumberland County who are facing challenges at home, school or in the community with issues such as anxiety, depression, low self-esteem, stress, self-regulation, exploring gender identity, interpersonal communication

Kinark Child and Family Services– Northumberland County

20 Strathy Rd Unit 3, Cobourg, ON

Phone: 905-372-4361

Toll Free: 1-800-230-8531

Website: www.kinark.on.ca

A non-profit, children's mental health centre providing a full range of free and confidential services as well as support to their families and caregivers.

Northumberland Hills Hospital (NHH) Community Mental Health Services

1011 Elgin Street West Suite 200

Phone: 905-377-9891

Website: <https://nhh.ca/>

NHH's Community Mental Health Services assist individuals who are experiencing mild to severe mental health concerns. Programming is geared to those 16 years and older. Individuals younger than 16 are eligible for selected services in some circumstances.

The program provides treatment and support for individuals experiencing: depression and bipolar disorder, anxiety, phobias, panic disorders and traumatic stress; schizophrenia and other psychotic disorders; personality disorders; and mental health crisis. Counselling services are available for those coping with mild to moderate mental health issues. Self-referrals are accepted, as are referrals from family physicians, the Hospital and community agencies.

Canadian Mental Health Association Four Counties Crisis

Phone: 705-745-5519 or
705-748-6711 ext. 3009

Website: <https://cmhahkpr.ca/>

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Clarington

Frontenac Youth Services

1160 Simcoe St. S, Oshawa

Phone: 905-579-1551

Toll Free: 1-877-455-5527

Website:

<https://frontenacyouthservices.org>

Frontenac Youth Services is a non-profit Children's Mental Health Centre which has been providing assistance to adolescents struggling emotionally and behaviourally (12-18 years) and their families within the Durham Region since 1972. Frontenac Youth Services is accredited by the Canadian Centre for Accreditation.

Lakeridge Health Child and Youth Family Program

1 Hospital Crt, Oshawa

Phone: 905-576-8711 ext. 34345

Website: www.lakeridgehealth.on.ca

Provides services for children and adolescents, aged 5 to 18, who are struggling with serious mental health issues. They offer crisis intervention, an inpatient unit and outpatient services.

Lakeridge Health Eating Disorders Program

850 King St. W, Oshawa

Phone: 905-721-4747 ext. 9

or 1-888-881-8878

Website: www.lakeridgehealth.on.ca

The Lakeridge Health Eating Disorders program is a hospital based outpatient program. They specialize in the assessment and treatment of eating disorders for youth and adults. They offer individual, family and group therapy, caregiver support and nutritional counselling, based on best practice and approaches for the treatment of eating disorders.

Clarington

Durham Counselling Walk-In Clinic

1615 Dundas St. E., Lang Tower, Suite 211,
Whitby

Phone: 905-723-0036 x 3203

Website: <http://careachc.ca/>

Hours: Wednesdays 1:00pm-6:00pm

Free, confidential, counselling walk-in clinic, providing service for children and youth, 3-19 years (up until 20th birthday) and their families.

Mental Health & Pinewood Centre

1 Hospital Crt, Oshawa

Phone: 905-721-4747 x3

Website: www.lakeridgehealth.on.ca

Pinewood Centre's Youth Services are designed to support youth ages 12 to 18 who question or identify concerns related to alcohol, substance use, concurrent mental health concerns and/or gambling. There are also services specific to youth who are impacted by a caregiver's substance use. Through group and individual support, youth are invited to reflect upon their present situation. This may include exploring substance use, risks, patterns of use, consequences and concerns of use and mental health symptoms (e.g. depression and anxiety) as well as exploring the possibility of making changes.

Kinark Child and Family Services-Durham Region

20 Sunray St, Unit 1, Whitby

Phone: 905-668-2411

Toll Free: 1-866-929-0061

Central Intake: 1-888-454-6275

Website: www.kinark.on.ca

Mental health treatment services for children, youth and families living in Durham Region. Individual, family and group counselling for children/youth and their families.

Ages: 12 year(s) and under

Children and youth experiencing mental illness and who are at risk of mental illness, experiencing social, emotional, and/or behavioural difficulties.

