

Recognizing Mental Health Signs and Symptoms

Parents and caregivers may notice changes in behaviours and emotions that could be potential signs of a mental health problem. Some questions to ask yourself include:

- Are these behaviours and emotions out of character for my child?
- Are they having a negative impact on my child’s ability to enjoy everyday life?
- Are they having a negative impact on our family life?
- Are they getting in the way of my child’s progress at school?
- Are these concerning behaviours happening more often?
- Are they more intense and/or lasting longer?

Helpful Strategies

| Anxiety | Depression | ADHD | ODD |
|-----------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------|--------------------------------------------------------|
| Relaxation and calming techniques | Reach out and stay connected | Create structure | Use reinforcement techniques |
| Visual tools | Encourage activities that make them feel good | Break tasks into manageable pieces | Provide choices whenever possible |
| Opportunities to practice stressful/anxious situations | Get moving/exercise | Simplify and organize your child’s life | Include your child in decision making when appropriate |
| Implement Zone of Regulation | Eat a healthy diet | Limit distractions | Using visual schedules |
| Provide warnings or using timers to help support upcoming transitions | Get a daily dose of sunlight | Encourage exercise | Implement Zones of Regulation |
| | Challenge negative thinking | Regulate sleep patterns | |
| | | Encourage out loud thinking | |
| | | Promote wait time | |

Mental Health Resources and Supports

- CMHO Family Care Centre <https://cmho.org/familycarecentre/>
- CMHA-Ontario <https://ontario.cmha.ca/mental-health/childand-youth-mental-health/>
- About Kids Health Mental Health Resource Hub <https://www.aboutkidshealth.ca/mentalhealth>

- Anxiety Canada <https://www.anxietycanada.com/>
- Wellness Together Canada <https://ca.portal.gs/>
- Mental Health Commission of Canada
<https://www.mentalhealthcommission.ca/English>
- Ontario Centre of Excellence for Child and Youth
Mental Health <https://www.cymh.ca/en/projects/covid-19.aspx#English-resources>

Area Specific Supports – Where to Reach out for Mental Health Supports

Muskoka

- Simcoe Muskoka Family Connexions – Child and Youth Mental Health
 - Huntsville Phone Number: 705-789-8866
 - Bracebridge Phone Number: 705-645-4426
 - <https://familyconnexions.ca/cymh/>

Nipissing and Parry Sound

- Hands TheFamilyHelpNetwork – Child and Youth Mental Health
 - Phone Number: 1-800-668-8555
 - <https://thefamilyhelpnetwork.ca/child-and-youth-mental-health/>

Timmins/North Area

- North Eastern Ontario Family and Children's Services (NEOFACS) – Child and Youth
Mental Health
 - Cochrane Phone Number: 705-272-2449
 - Englehart Phone Number: 705-544-5437
 - Hearst Phone Number: 705-372-2445
 - Iroquois Falls Phone Number: 705-232-7000
 - Kapuskasing Phone Number: 705-335-2445
 - Kirkland Lake Phone Number: 705-567-9201
 - New Liskeard Phone Number: 705-647-1200
 - Smooth Rock Falls Phone Number: 705-338-2366
 - Timmins Phone Number: 705-360-7100
 - <https://www.neofacs.org/program-and-services/cymh/>

If you are experiencing a Mental Health Crisis, please contact your local 24/7 Crisis Line or visit your nearest Emergency Room.

Nipissing, Muskoka and Parry Sound: 1-844-287-9072

Timiskaming District: 1-866-229-5437

Cochrane District: 1-800-665-7743