

Community Resources: The following services are available to support students in Renfrew County

Child, Youth & Family Crisis Line for Eastern Ontario En/Fr	http://www.icrs.ca/en/ Toll-free: 1-877-377-7775	Access to crisis professionals 24/7 for children and youth 18 and under experiencing a crisis, and their families. Linked to all the major service providers in the Eastern Ontario region.
Kids Help Phone En/Fr	http://kidshelpphone.ca Text: 686868 Toll free: 1-800-668-6868	A national organization with supportive resources and information for young people. The toll free number is available 24/7 for individuals to call for support.
Phoenix Centre for Children and Families	https://phoenixctr.com/ Local: 613-735-2374 Toll free: 1-800-465-1870	Mental health services for children and families (ages 17 and under or caregivers) and walk-in counselling that provides a free 1-hour session.
Petawawa Military Family Resource Centre	https://www.cafconnection.ca/Petawawa/Adults/Mental-Health/Walk-In-Clinic.aspx Local: 613-687-2104 ext. 224	Mental health services for military families of all ages and a free walk-in clinic every Wednesday evening.
Aboriginal Mental Health and Addictions Services	https://www.algonquinsopikwakanagan.com/health-services/ Local: 613-625-1551	Community-based and culturally appropriate activities and services to support aboriginal children, youth, adults, and families.
Addictions Treatment Services (ATS)	http://www.renfrewcountyaddictiontreatment.ca/ Local: 613-432-9855 Toll-free: 1-800-265-0197	ATS offers confidential assistance to individuals 12 years of age or older who are experiencing problems with alcohol, drugs or gambling.
Link to programs and services guide		

On-line Teaching Resources

Teaching Resource	Website	Description	Grades
The Psychology Foundation of Canada - Kids Have Stress Too!® and Stress Lessons® En/Fr	https://www.psychologyfoundation.org/Public/Professionals/Children--4-13-/Content/Professional_Educators_Social_Service_Health/Children_4-13_/Kids_Have_Stress_To_o_.aspx?hkey=bb7a3b27-ce64-4e0b-bbf6-e1466b1ce54d	This resource kit has tools, tip sheets and activities for classroom teachers to use to help teach children how to recognize and deal with stress and promote self-regulation.	JK - Gr. 3 Gr. 4-6 Gr. 7-9
The Psychology Foundation of Canada – Stress Lessons®: Tools for Resiliency En/Fr	https://www.psychologyfoundation.org/Public/Professionals/Youth--14-17-/Content/Professional_Educators_Social_Service_Health/Youth_14-17_/KHST--Grades-9-12.aspx?hkey=2396d8f1-cc02-4206-8604-fe6985554577	A resource designed for educators to help their students develop resilience while teaching them stress management strategies.	Gr. 9-12

Beyond Images	http://beyondimages.ca/	Online Resource and Curriculum developed by the National Eating Disorder Information Centre (NEDIC). Free online lesson plans address media literacy and negative stereotypes. Curriculum provides the opportunity to explore key issues in today's society around body image and self-esteem.	Gr. 4-8
OPHEA - Level Up En/Fr	https://teachingtools.oph.ca.net/activities/level-up	A free online resource that supports educators and program leaders in promoting positive mental health and overall well-being with children and youth ages 6-18. Includes lesson plans, activity cards, videos and posters.	Gr. 1-12
OPHEA -Connect[ED] Kit En/Fr	https://teachingtools.oph.ca.net/lesson-plans/connected	A web-based resource that addresses Internet safety for students. Designed to help students develop safe and healthy online behaviours. It helps children apply real life behaviour to life online.	Gr. 4-6
Mental Health Commission of Canada - Can We Talk En/Fr	http://canwetalk.ca/wp-content/uploads/2016/03/COOR-79I-2016-03-CWT-lesson-plans.pdf	Includes information and classroom resources (including lesson plans) related to mental health.	Gr. 6-8
Mental Health Commission of Canada -HEADSTRONG En/Fr	https://www.mentalhealthcommission.ca/sites/default/files/2017-05/School_Based_Activity_Toolkit.pdf	An evidence-based anti-stigma initiative with a toolkit that inspires youth ages 12-18 to Be Brave, Reach Out and Speak Up about mental health and teaches students how to reduce stigma and become mental health champions in their schools.	Gr. 7-12
Media Smarts En/Fr	http://mediasmarts.ca/teacher-resources	Canada's Centre for Digital and Media Literacy. Includes research and teacher and parent resources.	
My Toolkit: A to Z Wellness En/Fr	https://mytoolkit.ca/	An interactive online resource to help educate young adults about their mental health. The site was designed by mindyourmind and includes mobile apps, modules and Facilitator Guides. Topics: stress, wellness, substance use and starting high school.	Gr.7-12
Random Acts of Kindness Foundation	https://www.randomactsofkindness.org/for-educators	Resource for educators which includes free K-8 lesson plans. Lead a kindness project or form a kindness club at your school. The curriculum features developmentally appropriate, standards aligned lessons that teach kids Social Emotional skills.	K-8
Reflections of Me - ETFO	http://www.etfo.ca/supporingmembers/resource/s/pages/bodyimageproject.aspx	Integrated, whole school elementary curriculum package to address and promote positive body image. Elementary Teachers Federation of Ontario, 2003. Kit includes lessons for each grade, video, resource materials,	K-8

		parent handouts. Cost \$20-50	
School Mental Health Ontario	https://smh-assist.ca/emhc/	This resource is designed to support elementary educators by offering a repository of high-quality everyday mental health practices that can be easily incorporated into classroom routines. It is the result of a collaboration between the Elementary Teachers' Federation of Ontario (ETFO) and School Mental Health Ontario, with evidence/review support from the Centre for Addiction and Mental Health, Provincial System Support Program.	K-8
The Student Body: Promoting Health at Any Size	http://thestudentbody.aboutkidshealth.ca/	A teacher training module designed to help alert teachers to the factors that can trigger unhealthy dieting among children, and ways to prevent it.	Gr. 4-6
Other websites for reliable mental health promotion information			
Anxiety Disorders Association of Canada (ADAC) En/Fr	https://anxietycanada.com/	Site dedicated to the awareness, prevention and treatment of Anxiety Disorders.	
Canadian Mental Health Association (CMHA) En/Fr	https://cmha.ca/document-category/mental-health	CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.	
Canadian Red Cross En/Fr	https://www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/educators/bullying-and-harassment-prevention/bullying-and-harassment-prevention-programs	Information for youth, parents, educators and professionals on issues affecting youth such as bullying and cyberbullying, healthy relationships and respect.	
Children's Mental Health Ontario (CMHO) En/Fr	https://www.cmho.org/education-resources/teacher-resources	CMHO is the association representing Ontario's publicly-funded Child and Youth Mental Health Centres. Teaching resources such as the ABC's of Mental Health, for youth, parents, educators and other professionals can be found on the site.	
Children's Hospital of Eastern Ontario (CHEO) En/Fr	http://www.cheo.on.ca/en/mentalhealthtopic/sandconditionsAZ	Information for parents and caregivers on Mental Health Topics and Conditions.	
National Eating Disorder Information Centre Canada (NEDIC)	http://www.nedic.ca/	A Canadian non-profit organization providing resources on eating disorders and weight preoccupation, prevention and treatment.	
PREVNet Promoting Relationships and Eliminating Violence Network En/Fr	https://www.prevnet.ca/bullying/educators	An umbrella network of 130 leading Canadian research scientists and 62 national youth-serving organizations working to promoting relationships and eliminate violence. Includes tools, research, factsheets, workshops and additional resources.	
Public Health Agency of	https://www.canada.ca/en/public-	Includes surveys and reports on health	

<p>Canada/Health Canada</p> <p>En/Fr</p>	<p>health/services/health-promotion/childhood-adolescence/programs-initiatives/school-health/health-behaviour-school-aged-children.html</p>	<p>behaviours of school-aged children.</p>
<p>Reaching In, Reaching Out (RIRO)</p> <p>En/Fr</p>	<p>http://www.reachinginreachingout.com</p>	<p>Includes evidence-based programs that teach resiliency thinking and coping skills to adults and young children under the age of 8.</p>
<p>Safe @ School</p> <p>En/Fr</p>	<p>http://safeatschool.ca/</p>	<p>Information and resources for violence prevention and the creation of safe, strong and free schools and communities. Includes bullying prevention and equity and inclusive education.</p>
<p>Teach Resiliency</p> <p>En/Fr</p>	<p>https://phecanada.ca/programs/teach-resiliency</p>	<p>An online library that has practical and evidence-informed resources and tools to support mental health in our classrooms and schools—for students as well as educators.</p>