

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

<p>Youth Services 24/7 Crisis Line and Crisis Chat En/Fr</p>	<p>https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/ Toll-free: 1-877-377-7775</p>	<p>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.</p>
<p>Kids Help Phone En/Fr</p>	<p>http://kidshelpphone.ca Text: 686868 Toll free: 1-800-668-6868</p>	<p>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.</p>
<p>Phoenix Centre for Children and Families</p>	<p>https://phoenixctr.com/ Local: 613-735-2374 Toll free: 1-800-465-1870</p>	<p>Mental health services for children and families (ages 17 and under or caregivers) and walk-in counselling that provides a free 1-hour session.</p>
<p>Petawawa Military Family Resource Centre</p>	<p>https://www.cafconnection.ca/Petawawa/Adults/Mental-Health/Walk-In-Clinic.aspx (613) 687-7587 ext. 3255</p>	<p>Mental health services for military families of all ages and a free walk-in clinic every Wednesday evening.</p>
<p>Algonquins of Pikwakanagan First Nations Health Services</p>	<p>https://www.algonquinsofpikwakanagan.com/health-services/ Local: 613-625-2259</p>	<p>Community-based and culturally appropriate activities and services to support First Nations children, youth, adults, and families.</p>
<p>Addictions Treatment Services (ATS)</p>	<p>http://www.renfrewcountyaddictiontreatment.ca/ Local: 613-432-9855 Toll-free: 1-800-265-0197</p>	<p>ATS offers confidential assistance to individuals 12 years of age or older who are experiencing problems with alcohol, drugs or gambling.</p>

On-line Teaching Resources

Teaching Resource	Website	Description	Grades
<p>Psychology Canada - Kids Have Stress Too!® and Stress Lessons® En/Fr</p>	<p>https://strongmindsstrongkids.org/Content/Professional_Educators_Social_Service_Health/Children_4-13/Kids_Have_Stress_To_o.aspx</p>	<p>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.</p>	<p>JK - Gr. 3 Gr. 4-6 Gr. 7-9</p>
<p>Psychology Canada – Stress Lessons®: Tools for Resiliency En/Fr</p>	<p>https://strongmindsstrongkids.org/Content/Professional_Educators_Social_Service_Health/Children_4-13/Kids_Have_Stress_To_o.aspx</p>	<p>A resource designed for educators to help their students develop resilience while teaching them stress management strategies.</p>	<p>Gr. 9-12</p>
<p>Beyond Images</p>	<p>http://beyondimages.ca/</p>	<p>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.</p>	<p>Gr. 4-8</p>

OPHEA – Mental Health En/Fr	https://ophea.net/search?search_api_fulltext=Mental+Health&sort_by=search_api_relevance	Free online resources that support 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. K-12
OPHEA -Internet Safety Resources En/Fr	https://ophea.net/internet-safety-resources	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. Topics include cybersecurity, online ethics, body image, social networking, sexual exploitation, and more.	K-12
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-12 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-12
Reflections of Me - ETFO	https://www.etfo.ca/classroom-resources/body-image-project/body-image-project-30e2006b31bfc709fe51d7b7636dd9b8	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, parent handouts. Cost \$20-50	K-8
Strong Minds Strong Kids - Psychology Canada En/Fr	www.strongmindsstrongkids.org	Resources for children and youth, parents and child-caring professionals. Includes a series of webinars for parents and educators.	K-12

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 Canada 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 include tips on early identification and intervention; practical suggestions on how to accommodate and respond to students with mental health problems; and information on combating stigma in the classroom	
Children's Hospital of Eastern Ontario (CHEO) En/Fr	https://www.cheo.on.ca/en/resources-and-support/a-z-resources-mental-health.aspx#CHEO-mental-health-resources-and-support	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/	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 Canada/Health Canada En/Fr	https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/school-health/health-behaviour-school-aged-children.html	Includes surveys and reports on health behaviours of school-aged children.
Reaching In, Reaching Out (RIRO) En/Fr	http://www.reachinginreachingout.com	Includes evidence-based programs that teach resiliency thinking and coping skills to adults and young children under the age of 8.
Safe @ School En/Fr	http://safeatschool.ca/	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.
Teach Resiliency PHE Canada En/Fr	https://phecanada.ca/programs/teach-resiliency/home	The Teach Resiliency Education Series is a series of free, interactive professional development presentations led by experts in the field of both children’s and teacher’s mental health. Includes evidence-informed tools, tips, and strategies to support both teacher and student resiliency and wellness.