

FREQUENTLY USED RESOURCES

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ON-LINE MENTAL HEALTH TOOLS

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness. For more information: <https://bouncebackontario.ca/> or call 1-866-345-0224. New! Teenager Referral Form for teens 15-17.

ConnectABILITY a website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability, their families and support networks. The core of our community is accessible, self-directed access to valuable information and tools, ready on demand. Also includes a Resource Directories page. The site is organized by age group to help you find the right information for you. If you can't find what you are looking for, please try our search engine. **Connected Families** is a meeting place for you to connect with others. It is a private area of the site where you can share your story or ideas with the community. Register to become a member. For more information: <https://connectability.ca/en/>

ConnexOntario provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health. Helpful, supportive system navigation specialists answer all calls, emails or web chat requests 24/7. Service Directory and Screening Tools included. Referral service is free and confidential: <https://www.connexontario.ca/en-ca/> or by calling 1-866-531-2600.

EarlyON Centres offer free, high-quality drop-in programs for families and children from birth to 6 years old. You can learn and play with your child, meet people and get advice from early childhood professionals. EarlyON Centres are open to all families in Ontario. They're welcoming places that offer a range of services and resources, where you can:

- join fun activities such as reading, storytelling, sing-alongs and games
- get advice from professionals trained in early childhood development
- find out about other family services in your community
- connect with other families with young children

These services are available at any EarlyON centre in Ontario. Many centres are open weekdays, evenings and weekends to fit the needs of families in their communities. To find an EarlyON Centre near you: <https://www.ontario.ca/page/find-earlyon-child-and-family-centre> or call 1-800-387-5514.

eMentalHealth.ca is a non-profit initiative of CHEO dedicated to improving the mental health of children, youth and families. It is an evidence-based website that provides anonymous, confidential and trustworthy information. Features include mental health help, info sheets, screening tools, search engine and more: <https://www.ementalhealth.ca/>



Family Care Centre by Parents for Children's Mental Health (PCMH) and Children's Mental Health Ontario (CMHO) is a resource hub for parents and caregivers whose children have mental health challenges. Founded 30 years ago, PCMH's commitment to support, education, and empowerment has guided the organization's work and dedication to families. Through meaningful engagement and family-centred care, PCMH has empowered families so their voices are heard and recognized as experts:

<https://www.family.cmho.org/>

Mental Health At School – Connecting you to Mental Health & Addictions Programs, Services and Resources in your community. To help students with mental health or addiction challenges thrive at school, remain in school, or successfully transition back to school, school boards and Home & Community Care Support Services across the province have partnered through the Mental Health and Addictions (MHAN) Initiative. This website is a community resource created through the MHAN initiative to help teachers, students, parents, and providers find local services that can help. For more information: <https://mentalhealthatschool.ca/Services>

Mind Your Mind - A space where mental health, wellness, engagement and technology meet. Mind your Mind works with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

www.mindyourmind.ca **Be Safe App** - Be Safe is a free mobile app by MindyourMind that aims to help young adults make a decision about seeking help in a crisis. It is unique because it was designed in full partnership with youth and professionals. It is a system navigation tool that helps youth find help when they need it and support them through the process of reaching out when it feels overwhelming. Available Ontario wide: <https://besafeapp.ca>

One Stop Talk / Parlons maintenant is a virtual counselling service available across Ontario to provide children, youth (18 years and under) and their families with immediate access to free mental health support when and how you need them. When you call or visit the One Stop Talk/Parlons maintenant website, you will be connected to a professional clinician (by phone or online) for a session of brief therapy and direct referrals to other services when needed. These services are provided through a network of Ontario-based infant, child and youth mental health agencies. For more information: [Provincial Mental Health Program | One Stop Talk](#) or call 1-855-416-TALK (8255).

Ontario eConsult leverages a secure web-based tool that allows physicians and nurse practitioners timely access to specialist advice for all patients, often eliminating the need for a patient referral. This program has been created with the support of the Ministry of Health and Long-Term Care to enable timely and equitable access to specialist advice for all health care providers and patients in Ontario. For more information:

<https://otn.ca/providers/primary-care/econsult/> or email: eConsultCOE@TOH.ca

Ontario Telemedicine Network is a safe and secure platform to connect with your patient by video. eVisits enable your patients to be seen direct by a device that has a



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

camera such as a laptop, iPhone, tablet, etc. For more information:

<https://otn.ca/providers/primary-care/>

PLEO is a non-profit family peer support organization for parents whose children to age 25 are facing mental health challenges. We provide Family Peer Support for parents through:

- **Parents' Helpline** for support and guidance navigating the mental health system, finding resources in your community, and for when you just need someone to talk to.
- **Parent Support Groups** for parents to share information and learn from one another and come together as a community.
- **Mobile One-on-One Support** for more intensive support and guidance through particularly challenging times, in-person and in your community.

Support groups are hosted in-person or online. For more information:

<https://www.pleo.on.ca/> or call 613-321-3211 or toll free 855-775-7005.

School Mental Health Ontario works together with Ontario school districts to support student mental health. Its website contains evidence-based information and a systemic approach to resources that can support the school in question. It is relevant to school and system leaders, educators, students, parents and families, SMH professionals and other school roles. For more information: <https://smho-smso.ca> To find your school board's mental health leader and superintendent: <https://smho-smso.ca/about-us/find-your-mental-health-leader/>

Wellness and Emotional Support Online for Youth - www.wesforyouthonline.ca

Provides youth with an ongoing online counselling service, giving youth an opportunity to develop a long lasting relationship with their counsellor. Free online counselling for Ontario youth ages 13-24. This services is self-referral and is accessible in a timely manner. It provides a one on one connection where youth can receive support away from the eyes and opinions of others via a safe, secure and confidential platform. Click here to register: [Create an Account | \(wesforyouthonline.ca\)](#)

Youth Wellness Hubs Ontario are established to serve as fully integrated “one-stop-shops” for youth aged 12-25 to address their needs related to mental health, substance use, primary care, education training, employment training, housing, and other community and social services. These hubs will also include peer services, outreach, and system navigation services. This program is comprised of expertise from CAMH and the Knowledge Institute for Child & Youth Mental Health & Addictions. Currently, there are 27 hubs established in the following areas:

- Algoma Region Youth Wellness Hub
- Brampton/Mississauga (Peel) - Coming Soon!
- Central Toronto Youth Wellness Hub
- Chatham-Kent Youth Wellness Hub
- Cornwall & SDG Youth Wellness Hub (Stormont, Dundas and Glengarry)/Rockland & PR Youth Wellness Hub (Prescott Russell)
- Haliburton County Youth Wellness Hub



- Kenora Youth Wellness Hub
- KFLA Region Youth Wellness Hub (Kingston, Frontenac, Lennox, & Addington)
- London-Middlesex Youth Wellness Hub
- Malton Youth Wellness Hub
- Niagara Region Youth Wellness Hub
- North Simcoe Youth Wellness Hub
- Northumberland - Coming Soon!
- Oxford County - Coming Soon!
- Renfrew County Youth Wellness Hub
- Sagamok Anishnawbek Youth Wellness Hub
- Sarnia-Lambton Youth Wellness Hub
- Scarborough Youth Wellness Hub
- Sudbury Youth Wellness Hub
- Thorncliffe Park Youth Wellness Hub
- Thunder Bay - Coming Soon!
- Timmins Youth Wellness Hub
- Toronto East Youth Wellness Hub
- Wellington-Guelph Youth Wellness Hub
- West Toronto Youth Wellness Hub
- Windsor-Essex Youth Wellness Hub
- York Region - Vaughan/Woodbridge - Coming Soon!

For more information: [Youth Wellness Hubs Ontario \(youthhubs.ca\)](https://youthhubs.ca) Contact: info@youthhubs.ca

RESOURCES BY SUBJECT

ADHD

General Information

ADDitude - Inside the ADHD mind – Strategies and support for ADHD and LD through articles, self-tests, therapies, behavior and discipline, forums, webinars, etc.

<https://www.additudemag.com/>

ADHD – Centres for Disease Control and Prevention – A comprehensive website to assist in learning about the symptoms of ADHD and what to do if you're concerned that your child might have this disorder. What is ADHD? Symptoms and Diagnosis, Treatment, Materials and Multimedia, Research, Data & Statistics, Articles and Key Findings, Recommendations. [Clinical Care of ADHD | Attention-Deficit / Hyperactivity Disorder \(ADHD\) | CDC](https://www.cdc.gov/ncbddd/adhd/)

CADDAC (Centre for ADHD Awareness Canada) is a national charity that improves the lives of Canadians affected by ADHD through awareness, education, and advocacy via psycho-education materials, webinars, parenting courses, conferences and workshops, and group coaching programs. For more information: <https://caddac.ca/adhd/>



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

Now available is a bilingual ADHD Resource Navigator who works with families and individuals affected by ADHD to identify ADHD and mental health resources in their communities. This role focuses on two areas: providing emotional support to the community, listening to concerns, helping them build upon their strengths and supporting the development of advocacy skills; and assisting the community to navigate through the mental health system by locating appropriate ADHD and mental health resources such as therapy, specialists, tutors and support groups etc. For more information: [Programs and Events - CADDAC](#) or call 416-637-8584.

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) - The organization is composed of dedicated volunteers from around the country who play an integral part in the association's success by providing support, education and encouragement to parents, educators and professionals on a grassroots level through CHADD chapters: <https://chadd.org/>

Child & Parent Resource Institute – The Brake Shop (Disinhibition Disorders) –

For children/youth with a diagnosed or suspected tic disorder, and/or disinhibition disorders (ADHD, OCD) who may or may not be experiencing tics. “Leaky brakes” are neurological disorders and not a result of poor parenting, lack of motivation or intelligence. Much like a car has a braking system to help it stop, so do we. Our brakes are in our brain. When our brakes are leaky we may have a hard time stopping certain parts of ourselves. Leaky Brakes 101 is a 6 part video series which includes:

1. Leaky Brakes: What They Are. What They AREN'T
2. Putting the Brakes on Sensory Integration Issues
3. Talking to Kids & Schools
4. Medical Treatment of Disorders of Inhibition & Impulse Control
5. Self-Management Strategies
6. School & Classroom Interventions

Also includes a Toolbox and Resources. For more information:

<https://leakybrakes.ca/brake-shop/brake-shop-virtual-clinic/>

Rolling with ADHD – Resources for Parents, Teachers & Teens on ADHD. This online series is provided by BC Children's Hospital on the following:

- Rolling with ADHD Basics
- Rolling with ADHD for Families
- Rolling with ADHD for Teachers
- Rolling with ADHD for Teens

- <https://healthymindslearning.ca/rollingwith-adhd/>

Books & Workbooks (General Information)

My Brain Needs Glasses: ADHD explained to kids by Annick Vincent -

<https://www.simonandschuster.ca/books/My-Brain-Needs-Glasses/Annick-Vincent/9781988002804>



My Brain Still Needs Glasses: ADHD in adolescents and adults by Annick Vincent - <https://www.simonandschuster.ca/books/My-Brain-Still-Needs-Glasses/Annick-Vincent/9781988002828>

CHEO Bilingual Resource List: <https://www.cheo.on.ca/en/resources-and-support/adhd.aspx#Books>

ANXIETY

General Information

Anxiety Canada is a leader in developing online-self-help, and evidence-based resources on anxiety. Promotes understanding about anxiety and anxiety disorders. There are 3 specific sections: adults, youth and children which all provide interactive modules and tools to help identify and deal with the anxiety. Also includes an anxiety management program. **My Anxiety Plan** (MAP) is designed to provide practical strategies and tools to manage anxiety. Also Anxiety Canada also developed the free **MindShift** app which helps youth and young adults manage anxiety, using step-by-step strategies based on psychological treatment. For more information, please visit their website: <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

Coping Cat Parents - Online parent training program that is CBT based through modules or subscriptions for children and adolescents with anxiety. Prices vary between \$99 to \$200 www.copingcatparents.com

Fear-Less Triple P is part of the comprehensive parenting system, the Triple P – Positive Parenting Program® designed for children (aged 6 to 14 years) who have anxiety that is affecting their everyday life. The program encourages the use of practical strategies with all family members, not just the child who seems especially anxious. In this way, the Fear-Less Triple P program helps the whole family. The program is based on research and experiences working with the families of children and teenagers with anxiety for more than 30 years. This program is offered in various formats such as online, seminars, groups or individual sessions. For more information: [Helping whole families manage anxiety | Triple P Positive Parenting Ontario \(triplep-parenting.ca\)](#)

Taming Worry Dragons is a creative approach to Cognitive Behavioural Therapy (CBT) that is designed to help anxious children learn how to cope with their worries. The approach can be adapted by therapists and parents/caregivers to match the developmental level and interests of the child involved. The first Taming Worry Dragons manual was published in 1995, and the program is now used in schools and mental health programs for children throughout BC and across Canada and the US. A number of manuals have been developed since this time, and have expanded to include manuals for teens, parents/caregivers, school professionals, and health professionals. The Kelty Centre is excited to make the work of Dr. Sandra Clark and the late Dr. Jane Garland available. For more information: [Taming Worry Dragons | Kelty Mental Health](#)



Apps (General Information)

Calm App - Meditation and mindfulness app that helps manage anxiety, lower stress and sleep better. Free with in app purchases optional. www.calm.com

Books & Workbooks (General Information)

Freeing Your Child From Anxiety: Practical Strategies To Overcome Fears, Worries, And Phobias And Be Prepared For Life--From Toddlers To Teens / Chansky, Tamar E. -- New York: Harmony Books, (2014). (Book)

Books & Workbooks (Up to Age 12)

Helping Your Anxious Child: A Step-by-Step Guide for Parents by Rapee, Ronald; Wignall, Ann & Spence, Susan; December 2008

Mighty Moe – Online anxiety workbook for children 5 to 11 years old
<http://www.cw.bc.ca/library/pdf/pamphlets/Mighty%20Moe1.pdf>

Please Explain “Anxiety” to Me: Simple Biology and Solutions for Children and Parents by Laurie E. Zellinger & Jordan Zelinger, 2014

Raising the Shy Child: A Parent’s Guide to Social Anxiety by Fonseca, Christine, March 2015

Sitting Still Like A Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snell, 2012 - Simple mindfulness practices to help your child (ages 5 to 12) deal with anxiety, improve concentration and handle difficult emotions. Audio exercises to accompany the book: <https://soundcloud.com/shambhala-publications/exercise-1-sitting-still-like>

What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety by Dawn Huebner (2005) is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD. May be available at their public library or could be purchased via this link: [What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety: Dawn Huebner, Bonnie Matthews: 8601400823972: Psychotherapy: Amazon Canada](http://www.amazon.ca/dp/B000823972)



Books & Workbooks (12 and up)

101 Ways To Conquer Teen Anxiety: Simple Tips, Techniques And Strategies For Overcoming Anxiety, Worry And Panic Attacks / McDonagh, Thomas; Hatcher, John Patrick. -- Berkeley, CA: Ulysses Press, (2016). (Book)

Anxiety Workbook For Teens: Activities To Help You Deal With Anxiety & Worry / Schab, Lisa M. -- Oakland, CA: Instant Help Books, (2008). (Book)

Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress and Worry by Sheila Achar Josephs, PhD

The Anxiety Survival Guide For Teens: CBT Skills To Overcome Fear, Worry & Panic / Shannon, Jennifer. -- Oakland, California: Instant Help Books, (2015). (Book)

The Shyness & Social Anxiety Workbook For Teens: CBT And ACT Skills To Help You Build Social Confidence / Shannon, Jennifer. -- Oakland, CA: Instant Help Books, (2012). (Book)

The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety Paperback by Jamie A. Micco, June 2017

CHEO Resource List: [Anxiety and stress management - CHEO](#)

ATTACHMENT

Books & Workbooks (General Information)

The Invisible String by Karst, Patrice; April 2000

Information Up to Age 12

Best Start by Health Nexus - The Best Start Resource Centre: Ontario's Maternal Newborn and Early Child Development Resource Centre is a key program of Health Nexus, a bilingual health promotion organization that works with diverse partners to build healthy, equitable and thriving communities. The Best Start Resource Centre supports service providers who work in preconception health, prenatal health and early child development. The Best Start Resource Centre produces multi-media resources in multiple languages on a broad range of topics related to preconception health, prenatal health, and early child development. Most of our resources can be downloaded free of charge. Many of them can be adapted for local use. Some displays are available for short-term loan: <https://www.beststart.org/>

Circle of Security International: Early Intervention Program for Parents & Children - The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Using the COS-P model developed by the Circle of Security originators, our trained Facilitators



work with parents and care-givers to help them to: understand their child's emotional world by learning to read emotional needs, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, honor the innate wisdom and desire for their child to be secure. An animated video is available to share and download through their website:

<https://www.circleofsecurityinternational.com/>

The Circle of Security International website provides a section on Resources for Parents that is specific for parents, foster parents and caregivers via the following:

<https://www.circleofsecurityinternational.com/resources-for-parents/>

Connect Attachment Programs - Connect is a 10-week program to support parents and caregivers of pre-teens and teens with behavioural and emotional problems. The program explores Attachment and Development, Strengthening Parent-Child Relationships and Therapeutic Goals of Connect. Parents meet in small groups with two trained group leaders for 90 minutes each week. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour. For more information:

<http://connectattachmentprograms.org/>

- **eConnect Online Program** - An adapted program delivered online using a secure videoconferencing platform. This supports caregivers from different locations to come together online for highly interactive and engaging sessions with group facilitators and other caregivers, to learn about attachment and practice how to apply this understanding to challenges they experience in their own families every day - [eConnect Program — Connect Attachment Program](#)

Books & Workbooks (Up to Age 12)

Raising A Secure Child by Hoffman, Kent; Cooper, Glen & Powell, Bert; February 2017

The Circle of Security Intervention: Enhancing Attachment in Early Parent-Child Relationships by Powell, Bert; Cooper, Glen; Hoffman, Kent & Marvin, Bob; October 2016

Videos (Up to Age 12)

Circle of Security Animation by Circle of Security Animation:

<https://www.youtube.com/watch?v=1wpz8m0BFM8>



ATTACHMENT-BASED PARENTING

Books & Workbooks (General Information)

Dr. Laura Markham's books and blog have great information about attachment-based parenting. Parents can sign up for the blog, which has easy to read brief capsules about attachment strategies. For more in-depth knowledge, parents read her books, or sign up for a webinar course. All information can be found on this website: [Peaceful Parent Happy Kids](#)

Books & Workbooks (12 and up)

Dan Siegel's "**Whole Brain Child**" - A great book about attachment-based parenting strategies. <https://drdansiegel.com/book/the-whole-brain-child/>

AUTISM / DEVELOPMENTAL DISABILITY

General Information

The Autism and/or Intellectual Disability Knowledge Exchange Network (**AIDE Canada**) is a tool to connect members of our community to the information and resources that they need. Canada's largest resource hub for content catered to the autism and neurodivergent communities. Explore our collection of over 6000 books on autism, and discover thousands of charities, services, and program-based communities. [AIDE Canada | Resources for Autism & Intellectual Disability](#)

Autism Ontario - Autism Ontario is the province's leading source of information and referral on autism and one of the largest collective voices representing the autism community made up of knowledgeable parents, professionals, and autistic self-advocates who can speak to the key issues that impact Ontario individuals with autism and their families and loved ones. Members are connected through a volunteer network of 25 Chapters throughout the Province of Ontario. Autism Ontario is dedicated to increasing public awareness about autism and the day-to-day challenges faced by individuals with autism, their families, and the professionals with whom they interact. The organization and its Chapters share common goals of providing information and education, supporting research, and advocating for programs and services for the autism community: <https://www.autismontario.com/>

CHEO's Autism Program offers free Foundational Family Services programming such as Virtual Education Sessions for young people and their families. Topics include Anxiety, Emotional Regulation, Social Skills and more. Criteria for acceptance to the program is having a diagnosis of Autism and to be residing in the province of Ontario.



For more information and to register see: <https://www.cheo.on.ca/en/clinics-services-programs/family-foundational-services.aspx>

Geneva Centre for Autism – Offers online resource for parent training workshops for strategies around behavior, toileting, eating, sleeping, sexuality and more. Complete intake registration at www.autism.net

Ontario Autism Program provides an autism diagnostic assessment. There are 5 diagnostic Hubs across the province which help provide multidisciplinary diagnostic assessments, connect you to appropriate services in your community following an assessment. The diagnostic Hubs are:

1. Western Ontario: McMaster Children's Hospital / Ron Joyce Children's Health Centre
2. Central Ontario: Children's Treatment Network of Simcoe York
3. Northern Ontario: Child & Community Resources
4. Eastern Ontario: CHEO
5. Toronto: Holland Bloorview Kids Rehabilitation Hospital

For more information: [Autism assessment and diagnosis | ontario.ca](https://www.cheo.on.ca/en/clinics-services-programs/family-foundational-services.aspx)

Autism Ontario Community Connect is a centralized community portal that is home to service listings, learning resources, and events. You can search for autism services, and Autism Ontario resources and events. The portal currently houses hundreds of resources, services, and events across Ontario, including mental health professionals, occupational therapists, speech and language pathologists, social workers, ABA providers, and more with new services joining every day: [CommunityConnect | Autism Ontario](https://www.cheo.on.ca/en/clinics-services-programs/family-foundational-services.aspx)

AccessOAP is an independent intake organization funded by the Government of Ontario to help families access the supports and services of the Ontario Autism Program.

Through an online family portal and with the support of care coordinators, families can see what service options are available to them and be supported in choosing and accessing the OAP services that best suit their needs.

This is an overview of the services offered in the OAP.

There are five service streams available to families:

- 1) Families who are registered in the OAP can access **Foundational Family Services** at any point based on their child's needs, at no cost.

Foundational Family Services aim to build a family's capacity to support their child's learning and development and are offered in a variety of formats including virtual, self-directed, in-person or group-based sessions that are tailored to different family, cultural and regional needs.

- 2) **Caregiver-mediated Early Years programs** support eligible families with children between 12-48 months of age by:

Helping young children learn new skills and meet individualized goals in the areas of social communication and play; and

Providing parents or caregivers with therapeutic strategies from professionals to support their child's development.



3) **The Entry to School program** is available to young children between three to six years of age prior to starting kindergarten or grade one for the first time.

4) **Urgent Response Service** is available to eligible children and youth registered in the OAP who have an immediate and urgent need.

These time-limited services will provide a rapid response to a specific, identified need to prevent further escalation or risk of harm to the child or youth, other people or property.

5) **Core Clinical Services** are available to families based on the sequential order they registered with the OAP such as applied behaviour analysis, speech-language pathology, occupational therapy, mental health services, including counselling and/or psychotherapy, and technology, program materials, and/or therapy equipment at the recommendation of a regulated professional or Board Certified Behaviour Analyst (BCBA).

For more information: [Home - AccessOAP](#)

For more information about OAP Services and Eligibility, see [Ontario Autism Program | ontario.ca](#)

Sesame Street in Communities - Autism - Sesame Street in Communities builds on an almost 50-year commitment to addressing kids' developmental, physical, and emotional needs. Their time-tested research model and thorough testing with families and providers ensures that these resources have a measurable impact in the lives of parents and children. Available are hundreds of bilingual multi-media tools to help kids and families enrich and expand their knowledge during the early years of birth through six, a critical window for brain development. For more information: [Autism | Sesame Street in Communities - Sesame Street in Communities](#)

Books & Workbooks (General Information)

CHEO bilingual Resource List: [Autism - CHEO](#)

Apps (Up to Age 12)

Wheel of Autism Apps <https://dart.ed.ac.uk/app-wheel/>

BEHAVIOURAL

General Information

1-2-3 Magic – A 3-step child discipline program for calm, effective, and happy parenting. The 1-2-3 Magic Parenting Programs are designed to help parents get back in charge of their homes, and enjoy time with their kids again. Various programs for children and teens from 0-18 years. <https://www.123magic.com/>

Behavior Therapy for Young Children with ADHD – Centers for Disease Control and Prevention: [Parent Training in Behavior Management for ADHD | Attention-Deficit / Hyperactivity Disorder \(ADHD\) | CDC](#)



Collaborative & Proactive Solutions – www.thinkkids.org A structured, relational process for understanding and helping challenging kids. CPS is a strengths-based, neurobiologically-grounded approach that provides concrete guideposts so as to operationalize trauma-informed care and empower youth and family voice. This is available through online learning or through the book “The Explosive Child” by Ross W. Greene. Available through your local library or online - [The Explosive Child \[Sixth Edition\]: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children: Greene PhD, Ross W: 9780063092464: Books - Amazon.ca](#)

Reset Your Child’s Brain: A Four Week Plan to End Meltdowns, Raise Grades and Boost Social Skills By Reversing the Effects of Electronic Screen Time.

Based on emerging scientific research and extensive clinical experience, integrative child psychiatrist Dr. Victoria Dunckley has pioneered a four-week program to treat the frequent underlying cause, Electronic Screen Syndrome (ESS).

Dr. Dunckley has found that everyday use of interactive screen devices — such as computers, video games, smartphones, and tablets — can easily overstimulate a child’s nervous system, triggering a variety of stubborn symptoms. In contrast, she’s discovered that a strict, extended electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the child’s diagnosis. It also reduces the need for medication and renders other treatments more effective.

Offered now in this book, this simple intervention can produce a life-changing shift in brain function and help your child get back on track — all without cost or medication. While no one in today’s connected world can completely shun electronic stimuli, Dr. Dunckley provides hope for parents who feel that their child has been misdiagnosed or inappropriately medicated, by presenting an alternative explanation for their child’s difficulties and a concrete plan for treating them.

For more information: <https://drdunckley.com/reset-your-childs-brain/>

Stop Now and Plan (SNAP) - an evidence-based cognitive behavioural model that provides a framework for teaching children struggling with behaviour issues, and their parents, effective emotional regulation, self-control and problem-solving skills. The primary goal of SNAP is to help children to stop and think before they act and keep them in school and out of trouble. SNAP offers gender specific programs for children ages 6-11 and youth ages 13-17 - <https://childdevelop.ca/snap/snap-programs>

New - a SNAP Resource Guide for parents: [CDI-SNAP-ResourceGuide-DIGITAL-FINAL_02.pdf](#)

The Zones of Regulation – A framework to foster self-regulation and emotional control. The Zones is a systematic, cognitive behavioral approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts. [The Zones of Regulation | A Curriculum For Emotional Regulation](#)



Triple P Positive Parenting Program - Positive parenting is simply an approach to parenting that gives parents tools and strategies to raise their child in an environment that is safe, loving and predictable. Triple P's positive parenting allows parents to decide what is important to them. It doesn't tell parents how to raise their children but gives them the confidence and skills to build good relationships with their child, set boundaries and rules, and follow up with consequences that aren't harmful. Two programs are offered for the age range of 0-12 and 12-16. This program can be accessed at no cost via a provider (usually through the community child and youth mental health agency or Public Health), or on-line courses (0-12 age range – 8 modules for \$79.95 + tx & 10-16 age range – 6 modules for \$79.99 + tx). Support is provided via a blog and videos. <https://www.triplep-parenting.ca/ont-en/triple-p/>

Tucker Turtle Takes Time to Tuck & Think - A Read Aloud of "Tucker Turtle Takes Time to Tuck and Think." A scripted story written by Rochelle Lentini to assist with teaching the "turtle technique" for controlling anger:

<https://www.youtube.com/watch?v=aS0FJEj8hDo>

Also has a downloadable PDF where the story can be scripted:

https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story.pdf

Apps (General Information)

The Zones of Regulation: Exploring Emotions App - an application designed to foster self-regulation skills in fun and exciting ways while simulating everyday situations to which students can relate. The app helps students gain skills in consciously regulating their behaviors to the social and environmental demands. \$9.99

[Exploring Emotions App - THE ZONES OF REGULATION: A SOCIAL EMOTIONAL LEARNING PATHWAY TO REGULATION](#)

Books & Workbooks (General Information)

Every Parent's Group Workbook Triple P Positive Parenting Solutions by Markie-Dadds, Carole & Turner, Karen M.T., 2009

The Power of Positive Parenting: Transforming the Lives of Children, Parents, and Communities Using the Triple P System by Sanders, Matthew R. & Mazzucchelli, Trevor G., December 2017

The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive by Siegel, Daniel J. and Payne Bryson, Tina; October 2011

Zones of Regulation (Paperback) by Kuypers, Leah, January 2011

Information Up to Age 12

The Incredible Years – The Incredible Years® Series is a set of interlocking, comprehensive, and developmentally based programs targeting parents, teachers and



children. The training programs that compose Incredible Years® Series are guided by developmental theory on the role of multiple interacting risk and protective factors in the development of conduct problems. The programs are designed to work jointly to promote emotional, social, and academic competence and to prevent, reduce, and treat behavioral and emotional problems in young children from 0-12 years old.

<http://www.incredibleyears.com/>

Books & Workbooks (Up to Age 12)

The Incredible Years by Webster-Stratton, Carolyn; March 2006

BORDERLINE PERSONALITY TRAITS IN YOUTH

General Information

CHEO Fact Sheet - Because one of our deepest needs is to attach, it is natural then, that one of our deepest fears is lack of attachment, or rejection, or abandonment. For youth with borderline personality traits, these fears become overwhelming and extreme. Youth with borderline personality traits are very emotionally sensitive. They are especially sensitive to rejection, where they can feel rejected by others, even when the other person did not intend to reject them. This can cause problems in relationships. Here is a resource to help you better understand, cope with and/or support someone with borderline personality disorder: [Borderline personality traits in youth \(cheo.on.ca\)](http://cheo.on.ca/borderline-personality-traits-in-youth)

National Education Alliance for Borderline Personality Disorder - The Mission of NEABPD is to provide education, raise public awareness and understanding, decrease stigma, promote research and enhance the quality of life of those affected by Borderline Personality Disorder. NEABPD works with families and persons in recovery, raises public awareness and provides a free global media library:

<https://www.borderlinepersonalitydisorder.org/>

BULLYING & CYBERBULLYING

The **Canadian Safe School Network (CSSN)** is a national, not-for-profit, registered charitable organization with a mandate to reduce youth violence and make our schools and communities safer. Resources for parents: [Resources for Parents — Canadian Safe School Network \(canadiansafeschools.com\)](http://canadiansafeschools.com/resources-for-parents)

The **Senate Committee on Human Rights** have put together the following guides:

Cyberbullying Hurts: Respect for Rights in the Digital Age - Youth Guide:

https://cyberbullying.ca/wp-content/uploads/2017/02/AAA_Cyberbullying-Hurts-Respect-for-Rights-in-the-Digital-Age-Youth-Guide-English.pdf

Cyberbullying Hurts: Respect for Rights in the Digital Age - A guide for parents:

https://cyberbullying.ca/wp-content/uploads/2017/02/AAA_Cyberbullying-Hurts-Respect-for-Rights-in-the-Digital-Age-Parent-Guide-English.pdf



The **Cyberbullying Research Center** is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. The Center also explores other adolescent behaviors online including sexting, social media misuse, digital dating abuse, and issues related to digital citizenship, resilience, empathy, school climate, and more. This website serves as a clearinghouse of information concerning the ways adolescents use and misuse technology. It is intended to be a resource for parents, educators, mental health professionals, law enforcement officers, counselors, and others who work with youth (as well as for youth themselves). For more information: <https://cyberbullying.org/>

CHEO bilingual Resource list: [Bullying - CHEO](#)

CRISIS

General Information

9-8-8 Canadian Suicide Crisis Helpline - Since November 30, 2023, the 9-8-8: Suicide Crisis Helpline, Canada's new, national three-digit number for suicide prevention and emotional distress will be available to everyone in Canada. Funded by the Government of Canada and led by the Centre for Addiction and Mental Health, 9-8-8 will be: available by phone and text; provided in English and French; and accessible 24 hours a day, 7 days a week.

Experienced, well-trained partners across the country will be available to provide support where and when people need it the most. For more information:

<https://www.canada.ca/en/public-health/news/2023/11/9-8-8-suicide-crisis-helpline.html>

Kids Help Phone - Canada's 24/7 support service who also offer a wide range of articles, tools and resources to help young people through challenges or experience they might face. Also offer counselling support and a variety of resources to help youth in any moment of need through phone (1-800-668-6868), text (CONNECT to 686868) and live chat. For more information: <https://kidshelpphone.ca/>

Apps (General Information)

Be Safe App - Be Safe is a free mobile app by MindyourMind that aims to help young adults make a decision about seeking help in a crisis. It is unique because it was designed in full partnership with youth and professionals. It is a system navigation tool that helps youth find help when they need it, and support them through the process of reaching out when it feels overwhelming. Available Ontario wide: <https://besafeapp.ca/>

HOPE by CAMH is a free smartphone app that provides suicide prevention information, tools and crisis resources to support and guide individuals when they are experiencing thoughts of suicide. One of the key features of this app is the ability for individuals to create a personalized suicide safety plan, which can be done in consultation with their healthcare professional, loved one, or someone who they have a trusting relationship with. The Hope by CAMH safety plan can be accessed at any time – especially if an



individual is experiencing thoughts of suicide – and it can be updated as their situation changes. For more information: <https://www.camh.ca/hopebycamhapp>

The **LifeLine App** is the National free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the Globe. The app was developed as a centralized hub to connect people with accredited resources in Canada and throughout the world. It includes educational material and prevention strategies that will assist anyone struggling with suicide whether personally or as a result of someone else's needs. With the Lifeline App you will have the ability to find and connect with chat, email or text crisis centres across the nation. For more information: [The LifeLine App - The LifeLine Canada Foundation](#)

Information 12 and up

Good 2 Talk – A free, confidential helpline providing professional counselling and information and referral for mental health, addictions and well-being to students at Ontario's publicly-funded colleges and universities with a primary focus on those aged 17 to 25 – 24/7/365 – 1-866-925-5454. For more information: <https://good2talk.ca/>

EARLY INFANT & CHILDHOOD MENTAL HEALTH

Information Up to Age 12

Healthy Babies, Healthy Children (HBHC) is a program that promotes healthy child development to help children achieve their full potential. This program is for pregnant women and families with children up to the age of six. A family home visitor or a public health nurse may visit you in your home to discuss healthy lifestyles, your child's development, breastfeeding and parenting. They will answer all your questions, address your concerns and provide information on community resources. This is offered through the community's public health service -

<http://www.children.gov.on.ca/htdocs/English/earlychildhood/health/index.aspx>

Infant and Early Childhood Mental Health – Zero to Three, Early Connections last a lifetime <https://www.zerotothree.org/early-development/infant-and-early-childhood-mental-health>

Infant Mental Health Promotion (IMHP) is a unique Canadian coalition dedicated to promoting optimal mental health outcomes from the earliest years (prenatal to 36 months) by developing and supporting best practices for enhancing infant mental health through education, information dissemination, networking and advocacy. IMHP offers a wide range of resources for professionals and service providers working with infants and caregivers including specialized educational workshops, conferences and training programs. We also offer a range of print and video resources for professionals and



parents. IMHP is a community-based organization housed at SickKids through the Department of Psychiatry.

For more information on our programs and resources visit our website at www.IMHPromotion.ca

EATING DISORDERS

General Information

Body Image and Eating by Foundry - Foundrybc.ca is powered by BC Children's Hospital. Foundry brings health and social services together in a single place to make it easier for young people to find care, connection and support they need. Their website provide info and tools on various mental health issues and assist in navigating support services for self and family: <https://foundrybc.ca/resource/body-image-eating/>

BodySense promotes positive body image in sport and highlights how males and females experience body image issues in different ways. Extensive psychoeducational information is provided to athletes and key influencers which comprises coaches, teachers and parents. For more information: <https://cces.ca/bodysense>

CanPed.ca – A support tool for parents/caregivers and health care providers who provide care for youth suspected of having an eating disorder. The website provides an online educational tool and modules containing educational videos, as well as a recommended list of books, workbooks and websites. For more information: www.canped.ca

F.E.A.S.T. – Families Empowered and Supporting Treatment of Eating Disorders. An international non-profit organization of and for caregivers of loved ones suffering from eating disorders. A global community of parents, and those who support parents in families affected by eating disorders: <https://www.feast-ed.org/>

National Eating Disorder Information Centre (NEDIC) is a National, non-profit organization based at the Toronto Hospital which provides information about eating disorders as well as resources for patients and families. The team has created and delivered various professional development workshops to support providers across Canada in strengthening their capacity to recognize and act on early signs of an eating disorder. Their workshops aim to equip providers with strategies on responding in a compassionate manner; increase weight bias awareness; and provide more information navigating pathways to care. For more information: <https://nedic.ca/community-education/professional-development/> or <https://nedic.ca/> call 1-866-633-4220.

Body Brave - Recovery from eating disorders for Every Body. As a leader driving change, Body Brave is a charity providing accessible eating disorder treatment and support for people aged 17+. As well as providing community training and education. Offers online, self-guided support programming, as well as group and individual treatment services. Our model of care is based on a 'stepped care' approach to recovery. Education courses are designed to equip supporters with the tools to ensure



that early intervention and quality support is accessible for all. They offer courses for professionals, caregivers, organizations, and for individuals who are experiencing an eating disorder themselves. The courses are hosted on our online learning platform. For more information: <https://www.bodybrave.ca/> or email info@bodybrave.ca or call (905) 312-9628.

Sheena's Place offers hope and support to people aged 17+ affected by an eating disorder or disordered eating. Professionally-facilitated groups are completely free of charge and participants do not require an eating disorder diagnosis or referral to register. Offered are group support, info sessions, outreach and education. Their virtual fall program calendar provides a view of the various groups offered such as open and closed support groups for caregivers and for young adults, expressive arts group, body-image & movement group, skill building group, etc - <https://sheenasplace.org/programs-registration> For more information: <https://sheenasplace.org/> or call (416) 927-8900 x 220.

Hopewell Eating Disorders Support Centre offers support, resources and hope to those who are affected by an eating disorder, including those who are suffering and in recovery, and those who are supporting someone on their recovery journey. Additionally, they provide pre-emptive practices by helping people understand eating disorders and the importance of healthy attitudes towards body image, eating, and physical activity through arts therapy programs, support groups, mentoring program and community outreach. For more information: <https://www.hopewell.ca/> or call (613) 241-3428 or email info@hopewell.ca

Sick Kids Learning Institute: Eating Disorders Hub – Offers courses such as the on-demand Eating disorders (EDs): What every clinician needs to know, and more. For more information: [Eating Disorders Hub - The Garry Hurvitz Centre for Community Mental Health at SickKids](#)

Books & Workbooks (General Information)

CHEO list of resources: [Eating disorders - CHEO](#)

Apps (12 and up)

Recovery Record: Eating Disorder Management – A free app for 12+ for managing a journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, and binge eating disorder. Use for self-help or link with your treatment team's Recovery Record Clinician App to stay connected, co-manage recovery and achieve goals: <https://apps.apple.com/ca/app/recovery-record-eating-disorder/id457360959>

Rise Up + Recover: An Eating Disorder Monitoring and Management Tool for Anorexia, Bulimia, Binge Eating, and EDNOS – a free app for 12+ to be used in addition to professional treatment to create empowering tool to help succeed with recovery: [Get the App | Rise Up + Recover | Recovery Warriors](#)



Books & Workbooks (12 and up)

The Body Image Workbook for Teens - <https://www.amightygirl.com/body-image-workbook>

Being You: The Body Image Book for Boys - [Being You: The Body Image Book for Boys](#)

EMOTION-FOCUSED FAMILY THERAPY

General Information

Influenced by the theory and science of interpersonal neurobiology, the essence of **Emotion-Focused Family Therapy (EFFT)** is to support caregivers to increase their role in their loved one's recovery from mental health issues. In fact, the EFFT clinician believes that it is most therapeutically worthwhile to empower parents to help their children, regardless of age, given that they are "wired" together. Thus, their main responsibility is to support parents to become an active agent of healing. They do so by supporting parents and alternate caregivers to increase their involvement in: (1) interrupting symptoms and supporting health-focused behaviors, (2) helping their child to process overt and underlying emotions that may be fuelling problematic thoughts and symptoms, and (3) leading the repair of relational injuries if applicable. For more information: [Home | mhfoundations-efft \(mentalhealthfoundations.ca\)](https://www.mhfoundations-efft.com/)

MentalHealthFoundations.ca supports caregivers to increase their role in their loved one's recovery from mental health issues using the Emotion-Focused Family Therapy model. Mental Health Foundations.ca provides resources for parents and caregivers including a 4-part video series on Prevention Parenting & Advanced Caregiving. For more information: <https://www.mentalhealthfoundations.ca/>

Also, the book **What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers** by Adele Lafrance & Ashley P. Miller is now available - Paperback – Feb. 24 2020 - [What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers: Lafrance, Adele, Miller, Ashley P.: 9781138344631: Books - Amazon.ca](#)

EMOTIONAL REGULATION

General Information

Anger Catcher - <https://www.homestoriesatoz.com/wp-content/uploads/2015/08/ANGER-CATCHER-DIRECTIONS.pdf>

emotionary by Funny Feelings® - Emotionary guides users through five primary emotions to find the right category of feeling, with all definitions pared back to the



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essentials and displayed so they can be easily compared. It's the ideal way to develop a rich vocabulary of emotions – the essential building block for emotional intelligence:

<https://apps.apple.com/us/app/emotionary-by-funny-feelings/id515860459>

Sesame Street: Common and Colbie Caillat - "Belly Breathe" with Elmo - Feeling like a monster? Colbie Caillat and Common recommend a calming breath -

<https://www.youtube.com/watch?v=mZbzDOpyIA>

Apps (General Information)

HealthyMinds App – free app created by the Royal Ottawa Mental Health Centre, a problem-solving tool to help youth deal with emotions and cope with the stresses you encounter both on and off campus.

<http://www.theroyal.ca/mental-health-centre/apps/healthymindsapp/>

Mood Flow – A free app that provides a symptom and mood tracker, as well as a diary. It captures emotions, moods, thoughts and general being. It comes with data-analyzing tools to help you find relationships between various factors and your mood in order to develop better habits: <https://www.moodflow.co/>

Mood. by MindyourMind - In collaboration with youth, this free app was improved and updated to track moods and sleep patterns, allows you to choose an emoji, colour, and label to track feelings each day, and log related notes and track the time and duration of sleep each night and any notable factors. A report summarizes the entries and provides a big picture of what is going on to better help youth take care of their mental health. Select a timeframe for the report, generate a PDF, and email it to yourself or your healthcare provider. The calendar shows a monthly view of the days and selecting each date allows you to view the entries in detail. Graphs of mood and sleep entries over the month can be viewed, or view the entries sorted by mood or date by selecting the data on each graph. For more information: <https://mindyourmind.ca/tools/mood-mindyourmind-app>

Information Up to Age 12

Family Connections™ Program (FC) is an evidence-based 12-week group that meets weekly to provide education, skills training, and support for people who are in a relationship with someone who has emotion dysregulation or related problems. It is provided free of charge to participants and offered in English and in French. Family Connections™ is a peer-to-peer program offered in small groups. Groups are facilitated by trained leaders who are usually family members of someone with emotion dysregulation. Groups include discussion, videos, and skill practice. There is no charge for participants.

The program has been developed in consultation with family members and is coordinated internationally by NEABPD. Sashbear oversees and provides Family Connections™ in Canada. The program provides: current information and research on emotion dysregulation or BPD and on family functioning; individual coping skills based



on Dialectical Behaviour Therapy (DBT); family skills; and group support that builds an ongoing network for family members.

All groups are currently being offered online using Zoom. For more information:

<https://sashbear.org/en/family-connections>

MindMasters2 - is a free mental health promotion resource that helps children to master emotional regulation through relaxation, positive thinking and mindfulness. It introduces children to these skills in fun and age-appropriate ways. With practice, children can use these skills on their own, in a variety of settings throughout their lifetime. It is designed for adults to use with children 4-9 years of age. It includes a guidebook, printable templates and media files. It is a program of Ottawa Public Health:

<https://www.ottawapublichealth.ca/en/professionals-and-partners/iecmh.aspx#Mindmasters-2>

Apps (Up to Age 12)

PBS KIDS Daniel Tiger's Grr-ific Feelings – For children 4+ . This app helps young children learn about their emotions. \$2.99 - <https://apps.apple.com/us/app/daniel-tigers-grr-ific-feelings/id899193797>

Videos (Up to Age 12)

Sesame Street: Kermit And Elmo Discuss Happy And Sad -

<https://www.youtube.com/watch?v=lvh1h3V8Nz4>

Books & Workbooks (12 and up)

Beyond the Blues: A Workbook to Help Teens Overcome Depression by Lisa M. Schab, April 2018

ENCOPRESIS

Beating Sneaky Poo: Ideas for Faecal Soiling:

<http://www.dulwichcentre.com.au/beating-sneaky-poo-1.pdf>

The Poo in You: Constipation & Encopresis Educational Video:

https://youtu.be/SgBj7Mc_4sc

FAMILY VIOLENCE

Canadian National Clearinghouse on Family Violence: [Parent Abuse.vp \(canadiancrc.com\)](http://parentabuse.vp.canadiancrc.com)

Health Canada: Parent Abuse: The Abuse of Parents by Their Teenage Children: [Abuse E.qxd \(publications.gc.ca\)](http://Abuse.E.qxd(publications.gc.ca))



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Sanctuary for Families: [Safety Planning During COVID-19: Tips From Survivors For Survivors \(sanctuaryforfamilies.org\)](https://sanctuaryforfamilies.org/safety-planning-during-covid-19-tips-from-survivors-for-survivors)

FASD

FASD/TSAF Ontario, a source of accurate, up-to-date Fetal Alcohol Spectrum Disorder (FASD) information for Ontario. This bilingual website will help you find the closest available services and supports, discover a variety of resources and training, and become aware of the latest FASD related news and events. The website on FASD was developed by Health Nexus with funding provided by the Government of Ontario. For more information: <https://fasdinfotsaf.ca/>

Here is a list of FASD workers across the province of Ontario: https://fasdinfotsaf.ca/wp-content/uploads/2021/08/FASDWorkersAgency_ListForWebsite_2021-22.pdf

The **Fetal Alcohol Spectrum Disorder Ontario Network of Expertise (FASD ONE)** is working to respond to emerging issues, changing environment, and available resources by focusing on priorities related to gaps or challenges associated with this complex disability. Goals include linking people with FASD, caregivers and professionals to services and supports, transfer knowledge and develop resources and create a sustainable, provincial organization that connects the FASD landscape. For more information: <https://fasdontario.ca/>

The **Canada Fetal Alcohol Spectrum Disorder Research Network (CanFASD)** is a collaborative, interdisciplinary research network, with collaborators, researchers and partners across the nation. It is Canada's first comprehensive national Fetal Alcohol Spectrum Disorder (FASD) research network. CanFASD is collaborating with national entities concerned with FASD, including the Public Health Agency of Canada (PHAC), Health Canada and NeuroDevNet. PHAC is the government of Canada agency responsible for public health in Canada and they fund a number of programs and activity related to FASD. For more information: <https://canfasd.ca/>

KNOWFASD is a site that introduces the neurobehavioural difficulties that may appear throughout the lifespan of individuals with FASD. It is important to recognize that, being a spectrum disorder, FASD can look different for different individuals. Not all individuals with FASD will experience all of the issues presented here. However, this site summarizes the common neurobehavioural features of FASD found in current research. For more information: <http://knowfasd.ca/>

CHEO library of bilingual resources: [FASD - CHEO](#)

GENDER & SEXUALITY

General Information



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Gegi.ca has the goal to equip all Ontario students and teachers – whether transgender or cisgender – with the tools to advocate for the right to express and live their gender in their own way without experiencing discrimination, harassment or violence, and without being told they have to change. For more information: <https://www.gegi.ca/>

Gender Creative Kids Canada is a website that provides resources for supporting and affirming gender creative kids within their families, schools and communities by offering information and opportunities for connection between parents and caregivers, educators, health and social service providers, researchers, activists, and children and youth across Canada: [Home · Gender Creative Kids](#)

LGBT Youthline has a confidential database of services and organizations serving 2SLGBTQ youth across Canada. From Sunday to Friday 4-9:30 pm, there is access to a phone helpline at toll-free 1-800-268-9688, or text at 647-694-4275 or chat with a peer support volunteer. Website: <https://www.youthline.ca/>

PFLAG Canada - founded by parents who wished to help themselves and their family members understand and accept LGBTQ+ children. PFLAG has a network of provincial chapters that are run by volunteers: [Chapters - pflag Canada](#)

Rainbow Health Ontario is a program of Sherbourne Health and creates opportunities for the healthcare system to better serve LGBT2SQ communities.

RHO offers training for healthcare providers across the province to feel more clinically and culturally competent in caring for their LGBT2SQ service users. RHO also supports system change by producing evidence-based print and web resources, contributing an LGBT2SQ health perspective to public policy processes, acting as a research catalyst and hosting Canada's largest LGBT2SQ health conference. For information:

<https://www.rainbowhealthontario.ca/> or call 416-324-4100 or email info@rainbowhealthontario.ca

- Includes a **Service Provider Directory** designed to help you find health and social service providers who have expressed a commitment to providing competent and welcoming care to LGBT2SQ people in Ontario:

<https://www.rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory/>

REFUGE Restrooms - a web application that seeks to provide safe restroom access for transgender, intersex, and gender nonconforming individuals. Users can search for restrooms by proximity to a search location, add new restroom listings, as well as comment and rate existing listings. We're trans led and seek to create a community focused not only on finding existing safe restroom access, but also advocating for transgender, intersex, and gender nonconforming people's safety:

<https://www.refugerestrooms.org/>

SAEFTY Ottawa is an independent youth group run entirely by and for trans and gender diverse youth. SAEFTY provides online drop-in programming and community events for trans and gender diverse children, youth, and people of all ages. Information can also be accessed via Instagram and Facebook. An extensive resource list can be



accessed via their website. For more information: <https://www.saeftyottawa.ca/> or email saeftyottawa@gmail.com

Sick Kids: About Kids Health: Gender & Identity Learning Hub - Resources to answer questions you may have on sex, gender and sexual orientation as well as how to find support and resources when you need them. For more info: [Gender and identity Learning Hub \(aboutkidshealth.ca\)](#)

Sick Kids Transgender Youth Clinic (TYC) – To further explore information on medical options and a treatment plan for puberty blocking and medical transition, this clinic can be of assistance. Contact number is 416-813-8289 or toll-free 1-866-883-8289. This clinic does not provide individual or family therapy as that needs to be accessed in the community. For more information: [Transgender Youth Clinic | SickKids](#) Please note that that referrals are accepted for patient under the age of 17 and a referral must be submitted online.

The **Get Real Movement** is a Canadian non-profit focused on combatting 2SLGBTQ+ discrimination, racism, and bullying in schools, summer camps, and workplaces. This is accomplished by offering a variety of different educational workshop modules, and by providing leadership development and marginalized youth support through University Chapters, High School After-School Program, and 2SLGBTQ+ Virtual Counselling Program. Programming aims to break down prejudice, promote unity, and foster compassion in our world. For more information: <https://www.thegetrealmovement.com/>

- **Unconditional Love** is an online educational resource to help families better navigate the coming out process by providing information, tips, and additional resources. The videos are about 5 families' journeys of different stages of learning, and come from different lived experiences, and every family is unique and have learnings to share, from going through the process themselves; stories of support, of growing together, and the things that helped that process along the way: <https://www.thegetrealmovement.com/unconditionallove>

The Trevor Project: Guide to Being an Ally to Transgender and Nonbinary Young People is an introductory educational resource that covers a wide range of topics and best practices on how to support transgender and nonbinary people. It will help begin your education on the basics of gender identity and expression. You'll be able to better support the trans and nonbinary folks in your life and help to create a safer, kinder, more accepting world. [Guide to Being an Ally to Transgender and Nonbinary Young People | The Trevor Project](#)

TransKids Purple Rainbow - is committed to enhancing the future lives of TransKids by educating schools, peers, places of worship, the medical community, government bodies, and society in general, in an effort to seek fair and equal treatment for all transyouth: <http://www.transkidspurplerainbow.org/>

Trans Lifeline - a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Our vision is to fight the epidemic of trans



suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid: <https://translifeline.org/>

Trans Lifeline Canada- Peer Support Hotline – 1-877-330-6366 A non-profit organization dedicated to the well-being of transgender people. The hotline is staffed by transgender people and are ready to respond to whatever support needs members of your community may have.

Books & Workbooks (General Information)

CHEO bilingual resource list - <https://www.cheo.on.ca/en/resources-and-support/sexual-and-gender-identity.aspx#Books>

Trans Student Educational Resources (TSER) – a youth-led organization dedicated to transforming the educational environment for trans and gender nonconforming students through advocacy and empowerment. In addition to our focus on creating a more trans-friendly education system, our mission is to educate the public and teach trans activists how to be effective organizers.

- The Gender Unicorn: <http://www.transstudent.org/gender>

GRIEF & BEREAVEMENT

General Information

Bereaved Families of Ontario - At Bereaved Families of Ontario, we dedicate our work to bereavement support through self-help and mutual aid. With our eleven affiliates located throughout Ontario, our strong community spirit mirrors the commitment made by volunteers and staff. BFO programs are facilitated by trained volunteers who are themselves bereaved. Volunteer health professionals support facilitators and advise affiliates on their programs: <https://bereavedfamilies.net/>

Child Mind Institute has prepared free trauma resources to aid parents, educators, and other adults in talking to children and adolescents about potentially traumatic events and identifying those who might benefit from more focused professional attention. It is also available in multiple languages. [Child-Mind-Institute-Helping-Children-Cope-After-a-Traumatic-Event-2.25.2022.pdf](#)

Grief Share is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Find a GriefShare support group or event near you. Thousands of GriefShare support groups meet weekly around the world. Visit or join a group at any time. And attend as many meetings as you like. For more information: <https://www.griefshare.org/>

KidsGrief.ca is supported by Canadian Virtual Hospice and helps to understand how children (ages 0 to 18) grieve and how to support them as they face the life-limiting illness, dying and death of someone important to them. Through the use of modules for



parents and educators, it provides ways to introduce children to the cycle of life and death long before someone they know is dying or has died. KidsGrief.ca learning modules have been developed by a team of experts in grief, and specifically children's grief, together with people who have experienced loss and supported children through grief. Also available are Kid Grief Q&A webinars and past recordings with a children's grief therapist. For more information: <https://kidsgrief.ca/>

MyGrief.ca is supported by Canadian Virtual Hospice and is an online resource to help people move through their grief from the comfort of their own home, at their own pace. It can help you understand your grief and approach some of the most difficult questions that may arise. It was developed by people who have experienced the death of someone important to them and grief specialists. It complements existing community resources and helps address barriers to grief services. Many people working in healthcare use it as an education tool. It is also used by grief support groups and educators. For more information: [MyGrief](#)

YouthGrief.ca has been developed — from content to art to design — by grieving youth, for grieving youth. It shares wisdom, experiences and advice from more than 30 young people who've been there, and know what it's like to grieve when someone you care about has died. [YouthGrief.ca](#) was developed by the Canadian Virtual Hospice with partner organizations.

Sesame Street: Helping Kids Grieve - Coping with the death of a loved one brings enormous challenges for the whole family. Grieving may never completely end, but working through the difficult feelings can become easier with time. Through support, open conversations, and finding ways to keep the person's memory alive, families can begin healing together. Discover printables, videos, and more on topics to help families: <https://sesamestreetincommunities.org/topics/grief/>

The Compassionate Friends of Canada – an international, non-profit, self-help organization, offering friendship, understanding, grief education and HOPE for the future to all families who have experienced the death of a child at any age, from any cause. Our Primary Purpose is to aid in the positive reconciliation of grief and foster the physical and emotional health of parents and their surviving children. Our Secondary Purpose is to provide information and education about the grief of bereaved parents and their surviving children. The objective is to help those in their community, including family, friends, co-workers, employers and professionals to be supportive: <http://tcfcanada.net/>

The Dougy Center – The National Center for Grieving Children & Families - The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Through our Pathways Program we provide a safe place for families facing an advanced serious illness. We provide support and training locally, nationally and internationally to individuals and organizations seeking to assist children in grief. We are supported solely through private support from individuals, foundations and companies. The Dougy Center does not charge a fee for its services: <https://www.dougy.org/>



Books & Workbooks (Up to Age 12)

CHEO bilingual resource list: [Grief and bereavement - CHEO](#)

Apps (12 and up)

Grief Support Network - A free proximity-based social network connecting & supporting people 17+ grieving or who have grieved with the objective of creating a global community of Grief Angels that can be there for each other during one of lives' most difficult time. Subscribers to the app are known as "Grief Angels" that know that the people they may be helping now or in the future may be themselves, their families or friends: <https://apps.apple.com/ca/app/grief-support-network/id936167852>

INDIGENOUS SERVICES

General Information

Brighter Days: An Indigenous Wellness Program by Kids Help Phone supported by Sun Life is available to any First Nations, Inuit or Métis young person from six to 29 years old. It's offered virtually, in video format. The program was developed by Indigenous educators, school counsellors and community program workers. Provided is a culturally safe, fun session with a Kids Help Phone Indigenous Wellness Specialist and other Indigenous youth (up to 25 youth per session). The Wellness Specialist will explain the different services Kids Help Phone offers, and what you can do to get support in a way that works best for you. For more info: [Brighter Days: An Indigenous Wellness Program supported by Sun Life - Kids Help Phone](#) or email: Indigenous@kidshelpphone.ca

Culture for Life is a website for Indigenous youth who know the value of culture and living their best life but need a little help getting there. It contains youth reflections connecting with culture and features videos that showcase Hope, Belonging, Meaning and Purpose. It contains information on ideas for self-care rooted in culture, important support numbers, and more. For more information: [Connecting With Culture for Life](#)

First Nations & Inuit Hope for Wellness Help Line was established as a specific resource for First Nations and Inuit to provide immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut. Online chat services are currently available in several languages, including English, French, Cree, Ojibway, and Inuktituk.

The Hope for Wellness Help Line can be accessed by phone at 1 855 242-3310 or through the online chat via this website: <https://www.hopeforwellness.ca/>



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

First Nations Mental Wellness Continuum Framework was developed in partnership with First Nations, the First Nations Mental Wellness Continuum Framework (the Framework) presents a shared vision for the future of First Nations mental wellness programs and services and practical steps towards achieving that vision. A response to the mental health and substance use issues that continue to be a priority concern for many First Nations communities, the Framework's overarching goal is to improve mental wellness outcomes for First Nations.

Website: http://www.thunderbirdpf.org/wp-content/uploads/2015/01/24-14-1273-FN-Mental-Wellness-Framework-EN05_low.pdf

Indigenous Primary Health Care Council (IPHCC) is an Indigenous governed, culture-based, and Indigenous-informed organization. Its key mandate is to support the advancement and evolution of Indigenous primary health care services throughout Ontario. It works with 21 Indigenous primary health care organizations (IPHCOs) across Ontario including Aboriginal Health Access Centres (AHACs), Indigenous Interprofessional Primary Care Teams (IPCTs), Indigenous Community Health Centres (IHCs) and Indigenous Family Health Teams (IFHTs) to address the physical, spiritual, emotional, and mental wellbeing of First Nations, Inuit, and Métis (FNIM) peoples and communities being served.

Indigenous Health Centres have the unique experience and expertise necessary to provide Mental Health, Wellness and Addictions care that is culture-based, culturally safe, and of the highest quality. For more information: [Home - Indigenous Primary Health Care Council \(iphcc.ca\)](http://iphcc.ca) or call 416-645-0822 1-866-963-3952.

The Anishinaabe Mino'Ayaawin – People in Good Health is IPHCC's Approach to **Indigenous Cultural Safety**. IPHCC recognizes that cultural competency is not limited to simply acquiring knowledge about a culture. The IPHCC's cultural safety approach accounts for the social and historical contexts, as well as structural and interpersonal power imbalances that shape one's health experiences. The Anishinaabe Mino'Ayaawin is an approach that integrates cultural awareness, sensitivity, competency, humility, and safety. For more information: [Cultural Safety Training - Indigenous Primary Health Care Council \(iphcc.ca\)](http://iphcc.ca) or call 416-645-0822 1-866-963-3952.

Inuit Child First Initiative ensures Inuit children have access to the essential government funded health, social and educational products, services and supports they need, when they need them. Each province and territory has a regional focal point to support applicants in accessing the Inuit Child First Initiative. The regional focal point for the Inuit Child First Initiative also supports Jordan's Principle, which follows a similar set of process steps. The process for the Inuit Child First Initiative is tailored specifically to Inuit children, and your regional focal point can provide further information and help you submit a request. For more information: [Supporting Inuit children \(sac-isc.gc.ca\)](http://sac-isc.gc.ca) or call the 24/7 national call centre at 1-855-572-4453.

The Inuit Child First Initiative ensures Inuit children (ages 0-18) have access to the essential government funded health, social and educational products, services and supports they need, when they need them. Tungasuvvingat Inuit offers service coordination to support applicants in accessing the Child First Initiative. It is for all Inuit children, no matter where they live in Canada; They must be: *recognized by an Inuit land



claim organization in Canada and they must be under the age of majority in their province/territory of residence. For more information: [Child First Initiative - Tungasuvvingat Inuit \(tiontario.ca\)](#)

Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQQIA children and youth and those with disabilities may have. Jordan's Principle is named in memory of Jordan River Anderson. He was a young boy from Norway House Cree Nation in Manitoba. For more information: <https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824>
To submit a request: <https://www.sac-isc.gc.ca/eng/1568396296543/1582657596387>
or call Jordan's Principle Call Centre: 1-855-JP-CHILD (1-855-572-4453)

The **Métis Nation of Ontario's (MNO) Healing and Wellness** branch facilitates and coordinates programs, services, and activities to address the holistic needs of Métis people in Ontario at the provincial, regional, and local levels. Holistic Indigenous health encompasses the physical, mental, emotional, spiritual, and cultural aspects of one's life. Through an understanding of self, a vision of wellness, and a balanced body, mind, and spirit the MNO promotes a vision of health and wellness through the healing continuum. Also offered are webinars on a variety of healing and wellness and mental health and addictions related topics. For more information: [Métis Nation of Ontario | Healing and Wellness | Métis Ontario](#) or call 1-800-263-4889.

Recently launched the **Youth Wellness Connection** "Let's Chat About Mental Health". A safe place to visit, chat with other teens and learn about mental wellness in an interactive and creative environment. For more information: [MNO Launches Youth Wellness Connection "Let's Chat About Mental Health" - Métis Nation of Ontario](#)

Noojimo Health is the First All-Indigenous Virtual Mental Wellness Clinic and an Indigenous-owned company that offers culturally safe and timely virtual mental health services for Indigenous people by an Indigenous care provider. They are currently offering counselling services in Ontario, British Columbia and Saskatchewan. Noojimo has partnered with over 100 Indigenous communities across Canada. Services are delivered through virtual sessions and phone calls. Includes Youth Counselling, Individual Counselling, Group & Family Counselling, Employee & Family Health Support, Mental Wellness Education and Cultural Wellness Workshops. For more information: [Welcome - Noojimo Health](#)

Ontario Federation of Indigenous Friendship Centres - The Friendship Centre vision is to improve the quality of life for Indigenous people living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian society and which respect Indigenous cultural distinctiveness. The OFIFC represents the collective interests of 29 Friendship Centres in cities and towns across the province. Programs are culturally relevant, trauma informed and delivered in safe and accessible environments. Friendship Centres are Indigenous community hubs that provide a place for Indigenous people to gather and access a range of services



including Children and Youth, Education, Employment, Health, Healing and Wellness, Homelessness and Justice programming. For more information: <https://ofifc.org/>

Ontario Native Women's Association (ONWA) is a not for profit organization to empower and support all Indigenous women and their families in the province of Ontario through research, advocacy, policy development and programs that focus on local, regional and provincial activities. Established in 1971, ONWA delivers culturally enriched programs and services to Indigenous women and their families regardless of their status or locality. We are committed to providing services that strengthen communities and guarantee the preservation of Indigenous culture, identity, art, language and heritage. Ending violence against Indigenous women and their families and ensuring equal access to justice, education, health services, environmental stewardship and economic development, sit at the cornerstone of the organization. ONWA insists on social and cultural well-being for all Indigenous women and their families, so that all women, regardless of tribal heritage may live their best life. For more information: [Indigenous Women's Services | Ontario Native Women's Association](#) or call 1-800-667-0816.

The **Safespace Network (Launched Sep 27th 2023)** is a platform that works to address barriers to reporting in healthcare by providing a safe and anonymous way to share healthcare experiences without fear of retaliation. This data collection allows systems to do more than react to negative experiences but prevent them from happening by assessing patterns and trends within healthcare and acting accordingly. This allows for the power of the individual's voice to be amplified through the connection of experiences and producing patterns that can be analyzed and understood by healthcare institutions and those who can influence change within the system. The platform allows individuals who may have experienced racism or harm within the healthcare system to make reports, as well as individuals who may have witnessed such experiences. To report into the platform:

1. A secured hotline: 1-416-477-4627
2. A secured email: report@safespacenetWORKS.com
3. Online: [Safespace Networks](#)

San'yas Indigenous Cultural Safety Training Program provided the first online version focused on cultural competency training for health professionals in British Columbia. It was a unique model of online facilitated learning, based on the principle of decolonizing, anti-racist, transformative and adult education theories. We now focus on Indigenous cultural *safety* instead of competency, and offer both anti-racist online training courses and consultation services to support organizational and systems change. In 2013, the **Southwest Ontario Aboriginal Health Access Centre (SOAHAC)** established a close working relationship with San'yas in British Columbia. Through collaboration with Indigenous health leaders and educators they developed the Ontario curriculum. The first course, Ontario Core Health, was launched in 2014. Similarly, San'yas was invited to partner with the Ministry of Children and Youth Services and a provincial Indigenous advisory circle to develop training for the Ontario Public Service in 2016. Today, we offer several core courses, which are all self-paced and facilitated. Each course has been specifically designed for Ontario learners. Updates and improvements are made in an ongoing way in response to current events



and feedback from participants and facilitators. A full curriculum refresh is done in collaboration with regional Indigenous advisors every two years. Courses are available in both English and French. Curriculum for additional courses is under development. You do not need to live in Ontario to register for a province-specific course. The registration team will help you choose the course that is right for you. We usually recommend that people choose the province that is nearest to them. Contact leresha.lickers@phsa.ca for more information. To find out more: [San'yas Indigenous Cultural Safety Online Training \(sanyas.ca\)](https://sanyas.ca)

Shkaabe Makwa at CAMH is the first hospital-based Centre in Canada designed to drive culturally-responsive systems initiatives to achieve health justice and wellness for First Nations, Inuit and Métis communities through the advancement of research, workforce development and innovative healing models that harmonize traditional knowledge and medical expertise. Available are self-directed online courses with a focus on First Nations, Inuit, and Métis wellness; resources and webinars supporting First Nations, Inuit, and Métis communities and service providers and Resources and exercises designed to support the health and wellness of First Nations, Inuit, and Métis care workers. For more information: [Shkaabe Makwa \(camh.ca\)](https://shkaabe.com) or email shkaabemakwa@camh.ca

Talk4Healing offers talk, text, chat 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario. Services are fully grounded in Indigenous culture, wisdom and tradition and are available in 14 languages. Toll-free: 1-855-554-HEAL (4325). For more information: [Talk4Healing - Beendigen](https://talk4healing.ca)

Thunderbird Partnership Foundation is a leading culturally-centred voice on First Nations' mental wellness, substance use and addictions in Canada. They support an integrated and wholistic approach to healing and wellness serving First Nations Peoples and various levels of government through research, training and education, policy and partnerships, and communications. Thunderbird strives to support culture-based outcomes of Hope, Belonging, Meaning and Purpose for First Nations individuals, families, and communities. Offered are a variety of resources (guidebooks, toolkits, fact sheets, Thunderbird Wellness app, training curriculum) to support First Nations in their community planning. They offer training (self-directed and virtual) grounded in Indigenous Knowledge to National Native Alcohol & Drug Addiction Program (NNADAP) and National Youth Solvent Abuse Program (NYSAP) treatment centre workers and First Nations community wellness workers, to support special skills and knowledge needed to work effectively with First Nations communities. For more information: [Thunderbird Partnership Foundation \(thunderbirdpf.org\)](https://thunderbirdpf.org)

The free **Thunderbird Wellness App** promotes a strengths-based, trauma informed approach to supporting Indigenous wellness. The App provides tangible ways to support First Nations, from opioid and methamphetamine use, to treatment, prevention, addressing stigma associated with substance use and how to support harm reduction strategies, all presented in a user friendly, culturally grounded way - [Thunderbird Wellness App - Thunderbird \(thunderbirdpf.org\)](https://thunderbirdpf.org)



We Matter is an Indigenous youth-led and nationally registered organization dedicated to Indigenous youth support, hope and life promotion. Its mission is to communicate to Indigenous youth that they matter, and create spaces of support for those going through a hard time while fostering unity and resiliency. They provide a forum for people across the country to share messages of hope and positivity. By sharing stories, words of encouragement, and authentic messages of hope and resilience, they help to make a community and nation stronger - <https://wemattercampaign.org/>

We Matter has partnered with crisis support services to strengthen support services available to Inuit, Métis & First Nations youth from coast to coast with the following:

Kids Help Phone: <https://kidshelpphone.ca/>

Nan Hope: <https://nanhope.ca/>

First Nations & Inuit Hope for Wellness Help Line: <https://www.hopeforwellness.ca/>

Wise Practices for Life Promotion is a website that showcases wise practices for promoting life among young people based on what is already working and/or showing promise in First Nations communities. It focuses on life promotion versus preventing youth suicide. The website is culturally relevant and responsive to the lived realities of young people and all who are invested in wellness for First Nations youth. For more information: [Home - Wise Practices](#)

LEARNING DISABILITIES

General Information

Canadian Dyslexia Association - The mandate of the Canadian Dyslexia Association is to promote awareness of dyslexia in order to improve the quality of life of the estimated five million Canadians who have dyslexia: <https://www.dyslexiacanada.org/>

Learning Disabilities Association of Canada (LDAC) - has long provided national leadership in the shaping of public policy and federal legislation, working effectively to ensure that the voices of individuals with learning disabilities are heard by those in the federal government. We are committed to working in partnership with other organizations that share our values. Over the years, LDAC has actively participated in several coalitions, advisory groups and federal task forces, and presented at several Federal Parliamentary Standing Committees (Finance, Justice, Environment, Health, etc) on issues concerning the impact of federal policy changes and programming on Canadians with learning disabilities. These presentations have been critical in helping the organization successfully inform public policy in a number of priority areas including health, justice, prevention, income support, employment, literacy, research, advocacy, children at risk, and post-secondary education: [Home | LDAC | The Learning Disability Association of Canada](#)

Learning Disabilities Association of Ontario (LDAO) - a registered charity dedicated to improving the lives of children, youth and adults with learning disabilities. LDAO



offers many resources, services, information, venues and products designed to help people with LDs and ADHD, as well as parents, teachers, and other professionals: [Learning Disabilities Association of Ontario – LDAO – The right to learn, the power to achieve](#)

The International Dyslexia Association Ontario Branch - is committed to providing information, support and advocacy for individuals with dyslexia, their families and educators in Ontario. We hope the many resources on this website are helpful in giving you a better understanding of dyslexia, the importance of early identification and effective intervention and other ways to support a child or adult with dyslexia: <https://www.idaontario.com/>

The Transition Resource Guide for Students with Disabilities is a comprehensive tool to help all students, but specifically, to help students with disabilities arm themselves with the knowledge they need to access resources at college and university and make a successful transition to post-secondary education. It is aimed to support students as they make the transition in three ways: to learn about accessibility, to plan the journey and to research schools. For more information: <https://www.transitionresourceguide.ca/>

Books & Workbooks (General Information)

CHEO Library of bilingual resources: [Learning disabilities - CHEO](#)

MILITARY FAMILY RESOURCES

Crisis Texting Service for kids of Canadian Armed Forces (CAF) Families provided by a collaboration between the Canadian Forces Morale & Welfare Services & the Kids Help Phone. Youth can text CAFKIDS at 686868. For more information: [Youth Crisis Texting Service | CFMWS](#)

Guide to Working with Military Kids supported by the CF Morale & Welfare Services will assist professionals (PCPs, teachers, childcare providers, tutors, coaches, counsellors) in better understanding the challenges that military kids face every day. This 60 page document covers topics such as relocation, parental absences, risk and tips for supporting military children: [Guide to working with Military Kids | CFMWS](#)

MindKit is a bilingual mental health education hub for young Family members of Veterans living with a post-traumatic stress injury (PTSI). We're here to help young people learn more about things like mental health and the brain, the impacts of having a loved one with a PTSI as well as key coping tools and strategies. MindKit is managed by the Atlas Institute for Veterans and Families. For more info: [MindKit – MindKit is a place for youth to explore things related to mental health.](#)



Sesame Street for Military Families is a free, bilingual (English and Spanish) website where families can find information and multimedia resources on the topics of military deployments, multiple deployments, homecomings, injuries, grief, and self-expression. For more information: [Military Families Resources for Young Children | Sesame Street](http://militaryfamiliesresources.org) (sesamestreetformilitaryfamilies.org)

MULTICULTURAL SERVICES

General Information

Access Alliance Multicultural Health & Community Services provides services and addresses system inequities to improve health outcomes for the most vulnerable immigrants, refugees, and their communities. The Community Health Centre model of care focuses on five service areas: Primary care, Illness prevention, Health promotion, Community capacity building & Service integration. The centre offers many free programs and services for immigrants and refugees of all ages living in the City of Toronto and are committed to providing culturally sensitive and language accessible health care and community and settlement services to disadvantaged refugees and newcomers to Canada. For more information: [Home – Access Alliance](http://home-accessalliance.org) or call 416-324-8677.

Black Mental Health Canada advocates for culturally safe, accessible and affordable mental health care to diverse Black communities in Canada. Their website's search engine will assist in finding a culturally safe and sensitive mental health provider, as well as upcoming workshops, events, blogs, etc. For more info: [Black Mental Health Canada](http://blackmentalhealthcanada.org)

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools. The origin of the Black Youth Helpline model was created by youth for youth. For more information: [Black Youth Helpline](http://blackyouthhelpline.ca) or call toll free 1-833-294-8650 every day from 9 am to 10 pm, or email: infoblackyouth.ca

Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the area of addiction and mental health. The Centre for Addiction and Mental Health is based in Toronto and has subsidiary locations in ten Ontario communities. CAMH's [multilingual resource archive](http://multilingualresourcearchive.ca) contains information on mental illness for clients of culturally and linguistically diverse backgrounds and for professionals who work with them. CAMH has developed ["Alone in Canada: 21 ways to make it better."](http://aloneincanada.ca) For more information: [The Centre for Addiction and Mental Health](http://thecentreforaddictionandmentalhealth.ca)

Caring for Kids New to Canada – Community Resources for Immigrant and Refugee Youth <https://www.kidsnewtocanada.ca/health-promotion/youth-resources>
A guide for health professionals working with immigrant and refugee children and youth.



NewYouth.ca is an online community funded by Immigration, Refugees and Citizenship Canada for immigrants and refugee youth all over Ontario. It provides resources on daily life, school, health, work and immigration.

The **Multicultural Mental Health Resource Centre (MMHRC)** is a joint initiative with McGill University and the Jewish General Hospital that provides resources to support culturally safe and competent mental health care for Canada's diverse population. This website presents resources designed for lay people, patients and their families, community organizations, health professionals, and policy makers, planners and administrators. It provides tools to assist with the following: find local community organizations, access an interpreter, access a cultural formulation tool, access training in cultural competence, etc. For more information, visit their website: [Children & Youth: Guidelines - MMHRC \(multiculturalmentalhealth.ca\)](http://Children & Youth: Guidelines - MMHRC (multiculturalmentalhealth.ca))

Naseeha Mental Health provides a 24/7 confidential helpline for Muslims and non-muslims to receive immediate, anonymous, and confidential support over the phone and text at 1-866-NASEEHA (627-3342) with trained counsellors. Naseeha also provides workshops to youth across North America and web therapy sessions at a fee for service. For more information: Naseeha Mental Health or email info@naseeha.org

Nisa Helpline – A confidential, anonymous & free 16-hr helpline for Muslim women across North America that offers mental health support and peer counselling, seven days a week from 8 AM to Midnight ET. Offers peer-to-peer counselling, support in creating action plans, referrals, emotional and spiritual support and encouragement to women. At Nisa Helpline, we firmly believe that every woman, regardless of background, deserves unwavering access to mental health support and resources. To address this growing need for our services, we're pleased to offer a free Mental Health Counselling program for women. With this new service, Canadian residents (14 and over) can now book 5 phone counselling sessions with licensed therapists at no cost. For more information: Nisa Helpline | Home | Empowering Women, Transforming Lives or call 1-888-315-6472

Muslim Mental Health.ca is a website to increase awareness and facilitate access to culturally and spiritually adapted resources for Muslim individuals and to decrease stigma and increase empathy toward those struggling with mental illness in the Muslim community. Also, to increase awareness of mental wellness and mental illness within the Muslim community. Its objectives are to bring together and strengthen connections between health care providers, organizations, individuals with lived experience, students, spiritual leaders and researchers working with Muslim mental health issues in Canada; to provide evidence based psychoeducation to the general public on mental health topics in the context of spirituality and Islam and; to decrease the stigma of mental illness within the Muslim community; to increase access to evidence based culturally and spiritually appropriate mental health resources to the Muslim community. For more information: <https://muslimmentalhealth.ca/>

Providing Diversity Competent Care to Muslims: A handbook for health care providers by Fraser Health Authority is meant to be a tool to help healthcare providers to understand this diversity to serve Muslim patients in the Lower Mainland better.



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

Specifically, this handbook serves as a reference guide for health care providers to help develop and maintain their awareness on Islam and Muslim patients/clients/residents. You will find important information on Islam, information on Muslim beliefs, values, practices, and relevant contextual factors that will affect the provision of care and health. For more information: [Providing Diversity Competent Care to Muslims \(fraserhealth.ca\)](http://fraserhealth.ca/Providing Diversity Competent Care to Muslims)

Additional info

The following resources are recommended by Dr. Meshal Sultan, Arab-speaking psychiatrist in Dubai

- Video on anxiety disorders in children by Dr. Hesham Hamoda, Psychiatrist at Boston Children's: <https://www.youtube.com/watch?v=JdB6rudCns4>
- Arabic handout on anxiety from Mayo Clinic <https://www.mayoclinic.org/ar/diseases-conditions/anxiety/symptoms-causes/syc-20350961>
- Arabic information about anxiety disorder from Cleveland Clinic - Abu Dhabi <https://www.clevelandclinicabudhabi.ae/ar/health-hub/health-library/pages/an-overview-of-anxiety-disorder.aspx>

Providing Diversity Competent Care to People of the Sikh Faith: A handbook for health care providers by Fraser Health Diversity Services. This handbook is meant to be one educational tool to help providers, physicians and volunteers provide diversity sensitive care to people of the Sikh faith. For more information: [Providing Culturally Sensitive Care to People of the Sikh Faith \(fraserhealth.ca\)](http://fraserhealth.ca/Providing Culturally Sensitive Care to People of the Sikh Faith)

Settlement Workers in Schools - CultureLink Settlement and Community Services, in partnership with Immigration, Refugees and Citizenship Canada and the Toronto (TDSB) and the Toronto Catholic District School Boards (TCDSB) have a long-standing partnership to support newcomer families and their children. Program Workers are placed in schools and Reception Centres to facilitate access to information for newcomers. There are five SWIS programs in Toronto as well as in selected communities across Ontario and Canada. CultureLink delivers SWIS in Cluster 5 as a part of Settlement and Education Partnerships in Toronto (SEPT). The settlement needs of elementary-school-aged children are best met by providing outreach and services to their parents or guardians, while the settlement needs of youth are met by providing direct support to youth. Service areas include information to other government settlement services including English language, employment and immigration as well as health, housing, parenting, community services and more. More information can be found here: [Settlement Workers in Schools - CultureLink](#)

South Asian Community Health Services (SACHS) offer services such as Mental Health, Addiction, Stress Management and Anger Management. This venue may offer services that are more culturally appropriate for the family. Referrals are accepted directly from clients, physicians, agencies, etc. The family can call 647-718-0786. <http://www.sachservices.net/>



Centre for Spanish Speaking Peoples (CSSP), was officially incorporated as a nonprofit organization in Ontario in March 1974. We serve the Latinx/Hispanic community and have grown steadily over the decades, expanding programs and services to better serve the needs of the community. Programs and Services include Newcomer Settlement Program, Legal Clinic, Violence Against Women Program, Youth Program, Seniorès Program, HIV/AIDS Prevention Program, as well as Social Programs. CSSP serves Spanish speaking peoples in Toronto and throughout Canada. For more information: [Home - CSSP \(spanishservices.org\)](http://Home-CSSP-spanishservices.org) or call 416-533-8545 or email: info@spanishservices.org

Indus Community Services provides Child, Youth & Parenting Support Program offered in Hindi, Urdu, Tamil, Bengali & Punjabi. The program counsellors support parents and families dealing with cultural and intergenerational conflict, by providing positive parenting strategies and helping families understand the range of supports available to them. For more information: [Child, Youth, & Parenting \(CYP\) Program – Indus](#) or call 905-275-2369 or email: info@induscs.ca

Punjabi Community Health Services provides the Sahara Better Families Program to engage youth (13 to 24 years of age) and parents to help address issues related to healthy interactions between families and communities through support, group programs, mentoring programs, and referral to appropriate external agencies. For more information: [Punjabi Community Health Services](#) or call (905) 677-0889 or email: info@pchs4u.com

“NON-TALK” THERAPIES

General Information

Dance Movement Therapy Ontario believe in the interconnection between the body, mind, and emotions, and that the three are mutually influential. Because of this connection, any changes experienced physically or in movement are reflected in changes in emotional or psychological states, and vice versa. Through embodied exploration and creative movement expression, DMT can offer access to unconscious material, expand awareness of the felt senses, and help deepen your understanding of your internal world. Incorporating both verbal and non-verbal forms of communication means that DMP can address relational or developmental issues arising from any stage of life. Non-verbal communication through dance is also helpful at times when you find it difficult to express yourself through words. For more information and access to a list of dance therapists: [DMTO – Dance Movement Therapy Ontario](#) This is a fee for service.

Music Therapy Association of Ontario is a provincial association of the [Canadian Association of Music Therapists](#), the national body promoting music therapy and supporting, advocating and accrediting music therapists in Canada. Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the



therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development. For more information, please visit their website: [Welcome to Music Therapy Association of Ontario - MTAO Music Therapy Association of Ontario](#) MTAO Music Therapy Association of Ontario This is a fee for service.

The **Ontario Art Therapy Association** has a list of registered art therapists that can assist in the process of self-discovery, self-expression, personal development, communication and healing. Drawing skill or other artistic ability is not necessary. For more information, please visit their website: <https://oata.ca/> To find an art therapist in or near your community, please access their directory: [Find an Art Therapist – OATA](#) This is a fee for service.

St. John Ambulance Therapy Dog Program - This program provides an opportunity for the individual to talk with the volunteer and the dog; feel, touch, pet and cuddle the dog, receive unconditional love from the dog; carry-out or practice an activity in the presence of the dog. For more information: <https://www.sja.ca/en/community-services/therapy-dog-program>

The Canadian International Institute of Art Therapy is offering a Virtual Art Therapy Clinic. All art therapy sessions are facilitated online and are available by a low donation. Using a camera on your computer, tablet, or phone, the art therapy graduate students will guide the client through their own individual healing process. The virtual art therapy sessions are suitable for individuals:

- looking to improve self-esteem
- wanting to make career or life choices
- dealing with mild depression or anxiety.

No previous art experience is required. The art therapy graduate students practice under the supervision of a Registered Art Therapist and Licensed Family Therapist. For more information: [Your Virtual Art Therapy Clinic - Virtual Art Therapy Clinic \(vatc.ca\)](#) Live chat is available via the website, or call +1-250-419-7629 or email info@vatc.ca

The Canadian Therapeutic Riding Association (CanTRA) is a member of Horses in Education and Therapy International (HETI) and is recognized as the only governing body for therapeutic riding Canada. The majority of centres focus on therapeutic riding to provide socialization, recreation, interaction of clients and horses, and the care of the horse. For more information, please visit their website: <https://cantra.ca/en/> or call the main office at 519-767-0700 and they will be able to guide you to a centre in or near your community. This is a fee for service.

OBSESSIVE-COMPULSIVE DISORDER

General Information

Anxiety Canada is a leader in developing online-self-help, and evidence-based resources on anxiety. Promotes understanding about anxiety and anxiety disorders. There are 3 specific sections: adults, youth and children which all provide interactive



modules and tools to help identify and deal with the anxiety. The following information on OCD may be helpful:

- [What is Obsessive Compulsive Disorder \(OCD\)? | Anxiety Canada](#)
- [Our Caretoons Series Helps Kids Talk About Contamination OCD | Blog | Anxiety Canada](#)

The **International OCD Foundation** (IOCDF) is the largest nonprofit organization dedicated to serving a broad community of individuals with obsessive compulsive disorder (OCD) and related disorders, their family members and loved ones, and the mental health professionals and researchers round the world. The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research. For more information: [International OCD Foundation | Obsessive Compulsive Disorder \(OCD\) \(iocdf.org\)](#) The following may be helpful:

- Supporting Our Families Livestreaming: [Supporting our Families - YouTube](#)
- Provides specific sections for Parents, for Kids, for Professionals, for Medical Providers
- Provides recommended books and multimedia about OCD and related disorders: [International OCD Foundation | Books and Multimedia About OCD and Related Disorders \(iocdf.org\)](#)

Also offers the **OCD.APP**. The app is based on the core principles of CBT. While not being a “therapy” or “treatment” in itself, it directly targets the person’s thought patterns. Break negative thinking habits, embrace positive change and explore over 500+ exercises. The app features:

- Increase awareness of negative, maladaptive thoughts common among people suffering from OCD
- Learn to generate alternative thinking patterns
- Daily exercises that evolve and personalize based on your specific goals and condition
- Interactions and games that assist in creating and maintaining healthy thinking habits
- Self assessments to personalize the app based on your condition
- Mood and supportive thinking tracker to help you track your progress

Exploration of additional mental health topics, such as anxiety, depression, body image, perfectionism and more. For more information or to access the app: [OCD – ocd.app](#)

OCD Ottawa.com is a volunteer driven peer-based support network dedicated to supporting individuals living with OCD and their families. They offer information and guidance with treatment and support resources for OCD and related spectrum disorders. For more information: [OCD Ottawa | Obsessive Compulsive Disorder \(OCD\) Support Group of Ottawa, Ontario](#). The website provides comprehensive descriptions of OCD types and OCD Spectrum Disorders, as well as types of treatment, a guide to how to choose a therapist, online groups and more.



Books & Workbooks (General Information)

Being me with OCD: how I learned to obsess less and live my life / Dotson, Alison.
2014

Free from OCD: a workbook for teens with obsessive-compulsive disorder /
Sisemore, Timothy A. 2010

Obsessive-compulsive disorder: help for children and adolescents / Waltz, Mitzi.
2000

CHEO library of bilingual resources - [OCD - CHEO](#)



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

PHARMACOGENETIC TESTING

General Information

Pharmacogenetic testing studies the genetic factors that influence the patients' reactions and responses to particular drugs. Specifically, it examines a person's profile of P450 liver enzymes and looks for specific genes known to be associated with antidepressant and other medication responses. This opens the door to personalized medicine by helping the primary care provider prescribe more efficient treatments based on the patients' genetic profiles – thereby increasing effectiveness while reducing exposure to adverse side effects. Laboratories such as LifeLabs and Dynacare provide pharmacogenetic testing. The cost varies between \$250 to \$500. May be covered by insurance. A requisition from the primary care provider is required. More information can be accessed via the following links:

Dynacare: <https://www.dynacare.ca/pharmacogenetic-testing.aspx>

Myriad Genetics: <https://myriad.com/>

Genomind: <https://www.genomind.com/>

PHYSICIAN WELLNESS

The **Ontario Medical Association Physician Health Program (PHP)** provides confidential support for individuals who are struggling with mental health concerns, substance abuse or other behaviours that have a personal and professional impact, as well as offering support and education to physician leaders, hospitals, and other worksites. For more information: [Physician Health Program](#)

- PHP is currently offering a virtual [Doctors Lounge Online](#) provides an online meeting place for the same exchange of support and encouragement, where you can meet with others with similar backgrounds and life experiences. Also discussed are many kinds of self-care; challenges and opportunities of virtual care; and shared non-medical interests such as sports and music.
- The **Canadian Medical Association Physician Wellness Hub** provides a website with resources (links and articles) about physician wellness and burnout. For more information: [Physician Wellness Hub](#)

The **Canadian Medical Protective Association (CMPA)** provides a variety of resources on the importance of physician wellness, CMPA and other services via their website: [CMPA - Physician wellness \(cmpa-acpm.ca\)](http://cmpa-acpm.ca)

McMaster University developed **RESPITE**, an e-learning activity designed to learn strategies to enhance personal resilience and wellness, and mitigate the risk of burnout: [RESPITE \(machealth.ca\)](http://machealth.ca)



PSYCHOSIS / SCHIZOPHRENIA

General Information

EPION Early Psychosis Intervention Ontario Network a network of people who work in early psychosis intervention (EPI) services in Ontario, individuals who have received EPI services, and their family members and caregivers. Its goal is to support the development and implementation of effective treatment and support systems for people in the early stages of psychosis. The focus is to bring the benefits of early treatment to all those who are 14-35 years old and living with psychosis in Ontario, and to bring support to their families.

Its mission is to promote rapid psychosis detection and access to care, to advance early psychosis intervention through research and knowledge exchange, and to implement and advance the early psychosis intervention standards of care. For more information: <https://help4psychosis.ca/>

The Institute for Advancements in Mental Health (formerly the Schizophrenia Society of Ontario) is an organization that supports innovation and drives change for better mental health. IAM innovates in mental health with a focus on returning solutions back to communities, through partnership and collaboration. Through in-house services, they design programs around the needs of clients - people with complex mental health needs and their support circles. In 2017, they created a unique, first-of-its kind community-based mental health innovation platform: a designated space for mental health innovation entrenched within a mental health service organization. Supportive services are offered to individuals, families and caregivers and communities such as frontline professionals. Cognitive Behavioral Therapy for psychosis (CBT-p) <https://www.iamentalhealth.ca/Initiatives/CBT-for-Psychosis> workshops and training are offered virtually at a cost. Part of the cost can be covered by insurance. For more information: <https://www.iamentalhealth.ca/> or call 1-855-449-9949 or email support@iamentalhealth.ca

RESILIENCE

General Information

Resilience Guide for Parents and Teachers by the American Psychological Association - <https://www.apa.org/helpcenter/resilience>

SELECTIVE MUTISM

General Information

Anxiety Canada – Selective Mutism - <https://www.anxietycanada.com/disorders/selective-mutism/>



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

Child Mind Institute - [How to Help a Child with Selective Mutism | Mute Children | Child Mind Institute](#)

Selective Mutism University by Kurtz Psychology is a free e-learning website for parents, caregivers, educators and therapists - <https://selectivemutismuniversity.thinkific.com/collections>. The lessons are presented via video modules.

SELF-HARM

General Information

Mayo Clinic: Self-injury / cutting: <https://www.mayoclinic.org/diseases-conditions/self-injury/symptoms-causes/syc-20350950>

Books & Workbooks (General Information)

CHEO Bilingual resource list - [Self harm - CHEO](#)



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

Apps (12 and up)

Calm Harm - Developed for teenage mental health 12+ using basic principles of Dialectical Behavioural Therapy. It provides tasks to help resist or manage the urge to self-harm. It tracks progress to help identify change: <https://calmharm.co.uk/>

Combined Minds - Combined Minds helps families and friends support young people with their mental health. When a child or young person has a diagnosed mental health condition, families and friends want to support them in the best way but also know when to step back. Combined Minds uses a 'Strengths-Based' approach which has been shown to be effective in recovery. This approach focusses on the positive attributes of the person and builds on resourcefulness and resilience: [Combined Minds on the App Store \(apple.com\)](#)

DistrACT - The distrACT app provides easy, quick and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal - and those supporting them. The distrACT app was co-created by practising UK health professionals together with people with lived experiences of self-harm and experts in self-harm and suicide prevention: [distrACT on the App Store \(apple.com\)](#)

SENSORY

General Information

8 Sensory Systems Toolkit Worksheet: [8-sensory-systems-toolkit-worksheet-.pdf](#)

The Alert Program® - offers an easy, systematic approach to help you learn how to observe self-regulation and how to choose sensory supports (sensory strategies) for an individual's highest functioning. The program can help everyone at any age because self-regulation is the basis of all of our educational, therapeutic, and parental goals. We want to set up the nervous system for success so it is in an optimal state for functioning. When we are in an optimal state (alert, attentive, and focused) then it is much easier to learn, work, or play, and interact kindly with our loved ones. The program provides access to several books, songs, and games. As well as Free Resources such as articles, radio interviews, and other website links. One page handout is available in English, French, German, Italian, and Spanish - [Self-Regulation Alert Program® Online | AOTA Approved Provider](#)

The Role of a Sensory Assessment in Occupational Therapy -
<https://readerpage.com/role-of-sensory-assessment-in-occupational-therapy/>

Canadian Association of Occupational Therapists - for list of OTs in or near your community: [Find an OT \(search\) - CAOT](#)

The Ontario Society of Occupational Therapists - <https://www.osot.on.ca//>



STAR Institute:

- Sensory supports that can assist with self-regulation and functioning with daily tasks: <https://www.spdstar.org/node/1485>
- Resources, Tips & Downloadable Flyers: <https://www.spdstar.org/basic/resources-tips-downloadable-flyers>

Books & Workbooks (General Information)

The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder – Revised and Updated Edition by Kranowitz, Carol (2006)

CHEO bilingual resource library list: [Sensory processing disorder - CHEO](#)

SLEEP / RELAXATION

Apps (General Information)

The National Sleep Foundation Sleep Diary is a free downloadable log to assist you record your habits and sleep patterns that can be shared with your healthcare provider: [NSF Sleep Diary](#)

The Kids Help Phone's My Sleep Diary is a child friendly version of a sleep log that can be completed online: [Sleep Diary - Kids Help Phone](#)

DOZE- Goodnight Mind for Teens - Co-designed by youth for youth, dozeapp is a unique Approach to Overcoming Sleep Problems in Young Adults. doze is a research-derived and validated, tailored for individual sleep concerns, doze enables youth to better understand their sleep patterns and make changes for improvements. For more info: [DOZe – delivering online z's – Helping young adults get a better night's rest \(dozeapp.ca\)](#)

Dr. Colleen Carney: **Good Night Mind for Teens: Skills to Help You Quiet Noisy Thoughts and Get the Sleep You Need.** Goodnight Mind for Teens was written while designing the app.: Goodnight Mind: [Goodnight Mind: Turn Off Your Noisy Thoughts and Get a Good Night's Sleep: Carney PhD, Colleen E., Manber PhD, Rachel: 9781608826186: Amazon.com: Books](#)

MySleepWell.ca provides psychoeducational tools and resources on insomnia and CBT-i that could be helpful: Sleepwell | It's no dream. Sleep well without sleeping pills. [Sleepwell | It's no dream. Sleep well without sleeping pills. \(mysleepwell.ca\)](#)

Decode Insomnia provides Information & tools for parents of teens with the help of podcast episodes and cheat sheets, as well as other teen sleep resources. They provide OHIP-covered consultations for youth 13+ and young adults up to 26. For more information: [Parents of Teens | DECODE Insomnia Clinic](#)

CBT-I Coach App - for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide users through the process of



learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia: [CBT-i Coach | VA Mobile](#)

Dim Light App - <https://www.geckoandfly.com/21437/blue-light-filter/>

Autonomic Sensory Meridian Response (ASMR) For more information on what is ASMR: <https://www.sleep.org/what-is-asmr/>

WhispersRed Sleepy Children has a series on Youtube that is appropriate for young children - <https://www.youtube.com/channel/UCgL7c6rQ8QordQ7k5p0i8Ag>

Information Up to Age 12

Spaghetti Toes – A relaxation exercise that uses the concept of uncooked and cooked spaghetti to teach the difference between tension and relaxation. Children learn to relax different parts of their bodies: <https://www.youtube.com/watch?v=Sv56HngtRSU>

Apps (Up to Age 12)

Sleep Meditation for Kids – A children’s bedtime app that skilfully guides children to the creative part of their mind through a number of carefully scripted story meditations. These deeply relaxing recordings can help your children with sleep issues, insomnia, stress, anxiety and with feelings of confidence and well-being. It can be used for a general relaxation, or as a teaching resource and is suitable for children up to the age of 12: <https://apps.apple.com/ca/app/sleep-meditations-for-kids/id549414156>

Videos (Up to Age 12)

Sleeping Dragon Guided Meditation for Kids – A guided mediation for kids telling a story about Dina – a young fiery female dragon! Through the story we learn how Dina uses her powerful breath to cool off when she needs to be calm: <https://www.youtube.com/watch?v=ELOads7rbxE>

Videos (12 and up)

SOMATOFORM

General Information

The BC Children’s Hospital’s **Kelty Mental Health Resource Centre** has a module on Somatization and the Mind-Body Connection. It provides a detailed explanation as well as extensive resources including a free PDF called The Mind Body Connection & Somatization: A family Handbook; a video called Mind-Body Connection at Wildwood High; as well as a podcast called Connecting Mind & Body: What parents need to know about somatization. To access this module: <https://keltymentalhealth.ca/somatization>



STRESS MANAGEMENT & MINDFULNESS

General Information

Palouse Mindfulness – online Mindfulness-Based Stress Reduction training course. Has live interaction and group support throughout the program. The program is run by Jon Kabat-Zinn from University of Massachusetts Medical School. Free of charge. See website www.palousemindfulness.com

Yoga with Adriene provides high quality practices on yoga and mindfulness at no cost through her YouTube channel <https://www.youtube.com/user/yogawithadriene>. For more information: <https://yogawithadriene.com/adriene-mishler/>.

Apps (General Information)

Breathe2Relax – A free stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing: <https://apps.apple.com/ca/app/breathe2relax/id425720246>

Breathr – This free app provides opportunities for users to try out a variety of mindfulness practices, while also teaching them interesting facts about the brain science behind those practices: <https://keltymentalhealth.ca/breathr>

Headspace - App to learn the essentials of meditation and mindfulness with a free Basics course (10 day free trial). Provides theme-sessions, guided meditations and SOS exercises. There is a fee for subscription: <https://www.headspace.com/>

Smiling Mind – A free mindfulness meditation app developed by psychologists and educators to help bring balance to your life. Programs are designed to assist people in dealing with the pressure, stress, and challenges of daily life: <https://apps.apple.com/ca/app/smiling-mind/id560442518>

Books and Workbooks

CHEO bilingual resource list - [Mindfulness - CHEO](#)

Information Up to Age 12

GoNoodle – A free online resource that engages children 4 years old and up with movement and mindfulness through videos and games created by child development experts. Uses the whole child approach by benefitting physical wellness, academic success and social-emotional health. Includes GoNoodle Games app and GoNoodles's free movement and mindfulness videos: <https://www.gonoodle.com/>



Apps (Up to Age 12)

Breathe, Think, Do with Sesame - A free resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence: <https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

Information 12 and up

Mindfulness for Teens - Mindfulness is a powerful way to handle stress, and live life more fully. Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness and curiosity. It's about breathing, noticing what's happening right here and now, sending a gentle smile to whatever you're experiencing in this moment (whether it's easy or difficult), and then letting it go. You can be mindful anytime, anywhere, no matter what you're doing. It sounds simple, but it's not always easy to do, especially when you are stressed! This website provides information, tools, and resources to help you get started - <http://mindfulnessforteens.com/>

Books & Workbooks (12 and up)

A Still Quiet Place For Teens: A Mindfulness Workbook To Ease Stress And Difficult Emotions / Saltzman, Amy (2016)

The Mindful Teen: Powerful Skills To Help You Handle Stress One Moment At A time / Dzung X. Vo (2015)

The Self-Compassion Workbook For Teens: Mindfulness And Compassion Skills To Overcome Self-Criticism And Embrace Who You Are / Bluth, Karen (2018)

SUBSTANCE & ALCOHOL USE

General Information

Drugfreekidscanada.org – Drug Free Kids Canada is a Canadian, non-governmental, registered charity made up of volunteer parent partners from the private sector; representing major media, advertising, production, scientific, medical, research and corporate industries. Drug Free Kids Canada hosts webinars for parents, guardians and families that explore common substance use issues that kids may experience as they grow. The Let's Talk Drugs series of webinars provide invaluable insights and information on youth and substances. Provides a [Parent Support Hub](#) offering guidance



and free counselling support, when you need it. For more information: [Drug Free Kids Canada – Drug Free Kids Canada](#)

Books & Workbooks (General Information)

Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both Paperback – May 15 2019 by Lisa M. Najavits (Author)
\$20.51

Addiction and trauma are two of the most common and difficult issues that people face. In this motivating book, leading expert Lisa Najavits explains the link between addiction and trauma and presents science-based self-help strategies that you can use no matter where you are in your recovery. Every chapter features inspiring words from people who have "been there," plus carefully designed reflection questions, exercises, and other practical tools. Learn how you can:

- *Build coping skills so that the future is better than the past.
- *Keep yourself safe and find support.
- *Set your own goals and make a plan to achieve them at your own pace.
- *Choose compassion over self-blame and shame.
- *Move toward your best self--the person you want to be.

[Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both: Najavits, Lisa M.: 9781462539895: Books - Amazon.ca](#)

Al-Anon Alateen - Al-Anon members are people worried about someone with a drinking problem where family members have the opportunity to learn from the experiences of others who have faced similar problems, where teens come together to share experiences to find effective ways to cope with problems. Self-assessment quizzes are designed to help you decide whether Al-Anon or Alateen might be able to help. For more information and articles, visit the website [Al-Anon Family Groups](#) There are also opportunities to join online groups - [Electronic Meeting Page – Al-Anon Family Groups, Inc.](#)

Information 12 and up

BreakingFreeOnline.ca - Breaking Free by Lifeworks is a free evidence-based digital behaviour change program that allows people 16+ to recognize and actively address the psychological and lifestyle issues that are driving their use of alcohol and/or drugs, so helping to support their recovery.

The program gives people a comprehensive toolkit of resources, positive coping strategies and proven behaviour change techniques to support their long-term recovery. A service code is required to set up an account.

Breaking Free by Lifeworks is suitable for anyone whose life is being significantly affected, or whose health is being damaged, by their drinking or use of drugs. It enables people to address their dependence on alcohol or any type of drug. It is equally effective for people who want to reduce their drinking or drug use to less harmful levels or those who need to stop completely because their substance use has become severe. It can strengthen every stage of the recovery journey, from initial engagement and motivation



through active intervention to supporting people's long-term recovery. For more information: <https://www.breakingfreeonline.ca/>

Talking with Teenagers about Drugs – Government of Canada - Between illegal substances and prescription medications it may be hard to know where to start talking about drugs. But drugs can be dangerous and some teenagers are not aware of all the risks. Start the conversation early and give information before your teen needs to ask: <https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html>

The **Algonquin College Umbrella Project** is creating a safer space on campus to discuss the impact of the use of alcohol and other drugs. It focuses on helping students reduce problematic effects, and provides training, workshops, awareness, and support services for students and employees. The “Lowering Your Risks” section provides great psychoeducation that could be helpful for your patient as it provides harm reduction tips. For more information: <https://www.algonquincollege.com/umbrellaproject/lowering-your-risks/>

What's With Weed? - Designed to help you make informed choices and promote your well-being, this site covers current evidence, helps examine your relationship with weed, provides tips and tools to reduce harms, and more. Also includes a very extensive list of resources. For more information: <https://www.whatswithweed.ca/>

Apps (12 and up)

TECHNOLOGY USE

Game Quitters is an educational resource providing tools, resources, and support for people of all ages and backgrounds, to get the help they need, and the help they deserve. Also available are a Youtube Channel, an online recovery program and a community forum which includes a closed Parent Support Group on Facebook. Also provides comprehensive video game addiction resources. For more information: <https://gamequitters.com/>

Healthy Gamer is a mental health platform that provides content, coaching, and community. Services are developed through a combination of evidence-based interventions, neurological research, and peer-based support. Offers Coaching, Content, and Community to promote mental wellness. The Parent Program's goal is to support the parent/caregiver in managing the child's problematic technology use through three venues: Guide to parenting gamers course, Parent Coaching, How to raise a healthy gamer. Fees may apply. For more information: [Mental Health for the Internet | Healthy Gamer](#)



Media Smarts: Canada's Centre for Media Literacy may be helpful: Using Parental Controls - Tip Sheet | MediaSmarts - <https://mediasmarts.ca/using-parental-controls-tip-sheet>

The Royal Canadian Mounted Police: Interacting Online - <https://www.rcmp-grc.gc.ca/cycp-cpcj/is-si/io-cl-eng.htm>

TELEPSYCHIATRY

General Information

Sick Kids TeleLink Mental Health Program – The mission of the TeleLink Mental Health Program is to enhance care and community capacity in children's mental health using videoconferencing and other technologies to provide timely, equitable access to bilingual (English and French) specialist services. TeleLink is committed to matching community needs with best evidence and excellence in care through a range of innovative and responsive service delivery models. Particular attention is paid to fostering partnerships with stakeholders, aligned with unique local cultures. TeleLink services may be accessed through multiple routes of referral: children's mental health agencies, community general hospitals, youth justice services, school boards, and community physicians. Models of service delivery are tailored to requested services and may include direct clinical consultation and/or short term follow up, professional-to-professional consultation and case conferencing, all within a collaborative care framework. For more information: <http://www.sickkids.ca/tele-link/what-we-do/clinical-services/clinical-services.html> or call: 1-877-507-7301. For the referral package: <http://www.sickkids.ca/tele-link/Referral-Forms/TeleLink/TeleLink-Referral-Forms.html>

Tele-Mental Health Service – A provincial collaboration between CHEO, Sick Kids and Vanier Children's Services to provide a psychiatry consultation to children and youth up to the age of 18 residing in remote communities who do not have access to child and youth psychiatrists. This service provides a diagnosis and treatment recommendations to the *referring clinician and to the primary care provider. There are 6 Coordination Agencies across the province to bridge other community child and youth mental health organizations to facilitate access. *Referring clinician acts as the case manager and is present with the client and family and usually is a social worker from a community funded child and youth mental health agency, school board, FHT, CHC, NPLC LHIN MHAN. A PCP may refer but must take on the role of the case manager and be present at the consultation. The consultation occurs via the Ontario Telemedicine Network. The referral package can be accessed here: <http://www.sickkids.ca/tele-link/Referral-Forms/TeleMental-Health-Services/TeleMental-Health-Referral-Forms.html>

TOURETTE

Tourette Canada provides a range of services to those living with Tourette Syndrome and their families. Their main goal is to create awareness and understanding of Tourette Syndrome through education, advocacy, support and the promotion of



research. The programs and services provide evidence-based knowledge, evidence-informed learning opportunities, in-service programs, a virtual community for tourette, and motivational speakers. A comprehensive online resource library can also be accessed. Support is also provided through different means for the individual with Tourette's and for youth, Tourette Canada's Virtual Community Program not only has a youth e-learning module, but it also offers a Virtual Youth Hangout where youth 13 to 18 years old can connect every week and talk about anything they like. For more information: <https://tourette.ca/> or email admin@tourette.ca or call 1-800-361-3120. Tourette Canada has Ontario Chapters in the following regions:

- Greater Toronto
- Hamilton, Halton & Niagara
- London
- Muskoka
- Peterborough
- Windsor-Essex

TRANSITIONING TO ADULT SERVICES

General Information

BC Children's Transition to Adult Care

<http://www.bcchildrens.ca/our-services/support-services/transition-to-adult-care>

Canadian Mental Health Association Ontario -

<https://ontario.cmha.ca/documents/transitioning-from-youth-to-adult-mental-health-services/>

Provincial Council for Maternal and Child Health - [Transition to Adult Healthcare Services – PCMCH](#)

The Transition Resource Guide for Students with Disabilities is a comprehensive tool to help all students, but specifically, to help students with disabilities arm themselves with the knowledge they need to access resources at college and university and make a successful transition to post-secondary education. This guide has been created by the Regional Assessment and Resource Centre (RARC) and it is aimed to support students as they make the transition in three ways: Learn About Accessibility, Plan Your Journey and Research Schools. For more information: [Transition Resource Guide for Students with Disabilities - Transition to Post-Secondary Education](#)

Trauma

Dr. Bruce D. Perry has explored the impact of abuse, neglect and trauma on the developing brain and has developed the **Neurosequential Model Network**. His website



(613) 737-7600 ext. ECHO (3246)



www.cheo.on.ca/en/ECHO



ECHO_CYMH@cheo.on.ca

[Bruce Perry/ Bruce D. Perry, M.D., Ph.D. \(bdperry.com\)](http://bdperry.com) provides resources and articles which includes:

- Article - The Neurosequential Model in Caregiving - The Ten Tip Series: The Intimacy Barrier - [TenTip 1 Intimacy NN 11 17 18 \(bdperry.com\)](http://bdperry.com)
- Book – What Happened to You? Conversations on Trauma, Resilience & Healing - [What Happened to You? by Oprah Winfrey | Flatiron Books \(macmillan.com\)](http://FlatironBooks.com)

TRAUMA INFORMED CARE

General Information

The **Alberta Family Wellness Initiative** provides an online course for professionals and the public designed to familiarize them with the science of brain development, mental health, and addiction. It explains the science behind the strategies used to communicate these concepts and the methods by which these concepts can be applied to policy and practice. The **Brain Story Toolkit** is a library of resources that includes videos, documents and learning tools. The following videos may be of interest to you and the caregiver:

- Toxic Stress
- How Brains Are Built
- Brains: Journey to Resilience

For more information, please visit the website:

<https://www.albertafamilywellness.org/brain-story-toolkit>

Alberta Health Services Trauma Informed Care Project's purpose is to increase knowledge about trauma and the impact it has by creating connection, sharing knowledge and resources. TIC offers resources for individuals who help those impacted by trauma provide patient centred care. It provides free E Learning Modules on the following:

1. What is Trauma Informed Care?
2. What is Trauma?
3. Disaster Response
4. Loss & Grief after Trauma
5. Trauma in Human Services Workers
6. Emotional Literacy

[Trauma Informed Care | Alberta Health Services](#)

Crisis Prevention Institute Trauma-Informed Care Resources Guide - Whether trauma is caused by a single event such as a natural disaster, or by repeated or prolonged exposure to abuse, an individual's thoughts, feelings, and behaviors are filtered through their experience and perspective. This guide will give you:

- Deeper awareness about key trauma related concepts.
- A greater understanding of trauma's effects on behavior.



- 7 tips for preventing re-traumatization.
- A helpful De-Escalation Preferences Form.
- Resources to explore the subject further with your staff.

[PDF TICRG.pdf \(crisisprevention.com\)](#)

The following guides from the **Crisis Prevention Institute** may also be helpful:

- 6 Principles of a Trauma-Informed Approach in school: [PDF TIAED.pdf \(crisisprevention.com\)](#)
- Trauma-Informed Care for Educators: [PDF ETIC.pdf \(crisisprevention.com\)](#)
- Address Student Behaviors Associated with Trauma & Learning Loss: [PDF ASBATLLED.pdf \(crisisprevention.com\)](#)

Crisis Prevention Institute Trauma-Informed Care for Educators Resources Guide

Understanding the definition of trauma and increasing your awareness of the specific trauma a person has experienced will help you better understand not only how they've been impacted, but how to respond appropriately to their behavior as well. This guide will give you:

- A deeper awareness of key trauma-related concepts.
- A greater understanding of trauma's effects on behavior.
- 6 Guiding Principles to a Trauma-Informed Approach.
- Tips for understanding and preventing vicarious trauma.
- A De-escalation Preferences Form to use with students and colleagues.
- Resources to explore trauma-informed care further

[Trauma-Informed-Care-for-Educators.pdf \(crisisprevention.com\)](#)

Sesame Street in Communities: Traumatic Experiences - When a child endures a traumatic experience, the whole family feels the impact. But adults hold the power to help lessen its effects. Several factors can change the course of kids' lives: feeling seen and heard by a caring adult, being patiently taught coping strategies and resilience-building techniques, and being with adults who know about the effects of such experiences. Here are ways to bring these factors to life with the help of videos, printables and books. For more information:

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

The National Child Traumatic Stress Network website provides a comprehensive resource library on Trauma Types, Trauma Treatments and Trauma-Informed Care. Resources are also available in Spanish. For more information: [The National Child Traumatic Stress Network | \(nctsn.org\)](#)

CHEO bilingual resource library:

[Tragic and upsetting news events: helping children and youth cope - CHEO](#)
[Traumatic events - CHEO](#)

