

Mental Health Resources for Children, Youth, and Families



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This document provides information about local mental health services for **children, youth, and adults** in the Rainy River District

Emergencies

911 or your local emergency number

Child and Youth Suicide Risk Assessments

Kenora Rainy River Districts Child and Family Services at 1-866-646-6616

*available 24hrs

Weechi-it-te-win Family Services at (807) 274-3201 or toll free 1-800-465-2911

*available Monday-Friday 9:00am-5:00pm

Access to Child and Youth Mental Health Programs

FIREFLY 1-800-465-7764; Fort Frances: (807) 274-7787; Atikokan: (807) 597-2700

Weechi-it-te-win Family Services at (807) 274-3201 or toll free 1-800-465-2911

*additional option for FNMI students

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Emergency and Non-Emergency Contacts

Emergency

Ambulance, Fire, Police.....911

Non-Emergency Situations

Ontario Provincial Police.....1-888-310-1122

Treaty Three Police (Fort Frances).....807- 274-1565

Ontario Poison Centre.....1-800-268-9017

Telehealth Ontario.....1-866-797-0000

Helplines

Kids Help Phone.....1-800-668-6868

Confidential, Free, Available 24 hours a day, Seven Days a Week

Lesbian, Gay, Bi, Trans Youth Line..... 1-800-268-9688

Confidential, Free, and Non-Judgmental Peer Support Sun.-Fri. 4:00pm-9:30pm

Crisis Response Services Kenora Rainy River District Crisis Line.....1-866-888-8988

Drug and Alcohol Helpline.....1-800-565-8603

Mental Health Helpline.....1-800-531-2600

Problem Gambling Helpline.....1-800-230-3503

Assaulted Women's Helpline.....1-866-863-0511

24/7 Crisis Support in over 154 Languages, Anonymous, Confidential, Free

Victim Support Line.....1-888-579-2888

Distress Centres and Services

Crisis Response Services Kenora Rainy River District Crisis Line.....1-866-888-8988

Kenora-Rainy River District Child and Family Services.....1-800-465-1100
Call to report Child Abuse or Concerns.

Rainy River District Shelter of Hope (Atikokan Crisis Centre).....1-800-465-3348

Hospitals and Health Care

Atikokan General Hospital.....807-597-4215
120 Dorothy Street
Atikokan, ON
P0T 1C0

Emo Health Centre.....807-274-3261 ext. 5500
Box 390
170 Front Street
Emo, ON
P0W 1E0

Fort Frances Tribal Area Health Services.....807-274-2042
*Home and Community Care Main Office
1460 Idywild Drive
Fort Frances, ON

*Behavioral Health Services Counselling & Treatment Team
601 Kings Hwy
Fort Frances, ON

La Verendrye Hospital.....807-274-3261
110 Victoria Avenue
Fort Frances, ON
P9A 2B7

Rainy River Health Centre.....807-274-3261 ext. 6500
115 Fourth Street
Rainy River, ON
P0W 1L0

Northwestern Health Unit

Atikokan807-597-6871
115 Main Street
Atikokan, ON
P0T 1C0

Emo.....807-482-2211
76 Front Street
Emo, On
P0W 1E0

Fort Frances.....	807-274-9827
396 Scott Street	
Fort Frances, ON	
P9A 1G9	
Rainy River.....	807-852-3268
210 Atwood Avenue	
Rainy River, ON	
P0W 1L0	
Atikokan Family Health Team.....	807-597-2721
Fort Frances Family Health Team.....	807-274-3287 ext. 271
Big Grassy Medical Centre (Esiniweb Health Centre).....	807-488-5457
Big Island Health Centre.....	807-488-5602
Northwest Community Care Access Centre.....	807-274-8561
Health Care Connect.....	1-800-445-1822
“Helping you find a family health care provider”	

Mental Health, Addiction, and Community Services - Rainy River District

Atikokan Community Counselling Services.....807-597-2724

123 Marks Street
Atikokan, ON
P0T 1C0

Service for 16yrs+

Programs/Services Include:

Mental Health Counselling, Problem Gambling, Addictions (assessments available for 12yrs+), Older Adults Program, Case Management Services, and Support House (for those who are homeless, at risk of homelessness, and have a mental health problem).

Atikokan Family Health Team.....807-597-2721

123 Marks Street
Atikokan, ON
P0T 1C0
www.atikokanfht.com

Service for All Ages

Programs/Services Include:

Breast Start, Cancer Resource Library, COPD Program. Diabetes Care, Chronic Disease Self Management, Falls Prevention Program, Immunizations, INR Program, Medication review, Mental Health, Nutrition, Hypertension Program, Hospital Discharge Program, Psychiatry Assessments, Primary Health Nursing Care, Registered Dietitian individual sessions, Smoking Cessation, Sleep Oximetry, Chronic Pain Management Program, Telederm, and Walk-In Clinic.

Mental Health Program Description (All Ages):

- Individual counselling sessions (referral by doctor or nurse required)
- Stress management based on mindfulness practice offered twice per year for five sessions
- Referrals to other services

- Lunch and Learn presentations for worksites about healthy eating and stress management
- Dressing Room Project for middle school age girls (discusses body image and the media)
- Availability of Dr. Cooke, Psychiatrist from CAMH, once a month (need physician referral)

Atikokan Native Friendship Centre.....807-597-1213

PO Box 1510
 309 Main W.
 Atikokan, ON
 P0T 1C0

Service for All Ages

Programs/Services Include:

Aboriginal Family Support, Aboriginal Health Outreach, Aboriginal Health and Wellness, Akwe: Go Program, Lifelong Care Program, Prenatal Nutrition, Urban Aboriginal Living, and Wasa-Nabin.

Canadian Mental Health Association - Fort Frances.....807-274-2347

PO Box 446
 612 Portage Avenue
 Fort Frances, ON
 P9A 3M8
www.cmhaff.ca

Service for 18yrs+

Programs/Services Include:

Main office located in Fort Frances with district offices in Dryden, Kenora, Red Lake, Sioux Lookout and Atikokan.

Certified trainers for: Applied Suicide Intervention Skills Training (ASIST) and Mental Health First Aid for Adults who interact with Youth training.

Workshops available for Hearing Voices That Are Distressing

Community and educational presentations available including but not limited to: Talking About Mental Illness, Language Hurts, and The Elephant in the Room.

District wide programs: peer support, family support, mental health services for older adults, and education and training program.

Other services: case management program, psychogeriatric resource consultant, and peer support drop-in centre.

Confederation College Counselling Services.....1-800-465-5493

807-274-5395
440 McIrvine Rd.
Fort Frances, ON
P9A 3T8
www.confederationc.on.ca/fortfrances

Service for Students of Confederation College

Programs/Services Include:

Academic Advisement, Career Exploration and Development, and Personal Counselling.

Crisis Response Services Kenora Rainy River District.....1-866-888-8988

PO Box 3003
Dryden, ON
P8N 2Z6
www.crisisresponseservices.com

Service for 16+

Crisis Response Services provides a range of programs to assist people 16 years and older with mental health and addictions concerns in the Kenora Rainy River District.

Programs/Services Include:

Crisis Line

- Staffed by professionals 24/7/365

- Toll-free and confidential
- Crisis prevention and intervention, information, referrals and support offered to callers in crisis, family members and service providers

Community Support Workers

- In-person crisis intervention and assessment services provided in a safe location
- Serve the communities and surrounding areas of Kenora, Dryden, Fort Frances and Red Lake (via videoconferencing in Atikokan) from 17 00 – 08 00 Monday to Friday and 24-hours on weekends

Crisis Beds

- Short-term residential accommodation for men and women who do not require hospitalization and who meet one or more of the following criteria.
 - Experiencing a mental health crisis
 - Have a mental illness and require short-term housing up to five nights
 - Require respite services due to mental illness
- Beds available in Dryden, Kenora and Fort Frances to serve the District
- Dryden and Kenora locations staffed 24/7
- Transportation provided if needed

Withdrawal Management Beds

- Provide non-medical (levels I and II) residential withdrawal management services for individuals with substance use issues
- Assessments, screenings, crisis intervention, treatment planning, relapse prevention, peer support, referrals and education offered
- Transportation provided if needed

Addictions Recovery Treatment

- Eight week skills-based treatment program
- Both in-house (six beds) and day services available
- Transportation provided if needed

To access any service component or for more information, please contact the crisis line at 1-866-888-8988.

Atikokan
P.O. Box 2309, 211 Main Street
Atikokan, ON
P0T 1C0
807-597-4528
www.fireflynw.ca

Fort Frances
Ste. 201, 240 First St. E
Fort Frances, ON
P9A 1K5
807-274-7787

Service for 0-18yrs

Service Description:

Service is free and confidential.

FIREFLY is a multi-service agency providing physical, emotional, developmental, and community services for children, youth, adults and their families. Within the Rainy River District FIREFLY functions as a ‘Single Point of Access’ for all voluntary services offered by the Ministry of Children and Youth. Parents, youth (over 12 years), family members or local agencies (physicians, schools, public, health, daycare centres, etc.) can call or fax the FIREFLY office to make a referral for services. Whenever appropriate the parent/caregiver should be encouraged to contact FIREFLY for referral. However, if the referral is from an outside source (i.e. someone other than the parent/youth) the referring agency must have informed the family that a referral is being made to FIREFLY.

Children’s Case Managers within the Rainy River District provide access to the following services for children aged 0 to 18 years of age:

FIREFLY Pediatric Physiotherapy, FIREFLY Pediatric Occupational Therapy, FIREFLY Out of Home Respite Funding, KRRCFS Child Development, KRRCFS Community Integration, KRRCFS Family Relief, **KRRCFS Children’s Mental Health**, KRRCFS Psychometry.

Child and Community Resources: skill building services and intensive services for children/youth with Autism Spectrum Disorder.

Case Managers provide information regarding other local/regional service providers as well as information about the numerous government and private funding programs designed to assist families with high needs children. They can also take on the role of Service Coordinator when a family or agency/service provider requests it. The Service Coordinator will convene community case management meetings involving the parents, child (if appropriate) and all service providers involved with the child. A comprehensive plan will be developed, outlining the formal and informal services and supports to be provided including the service outcomes to be achieved, timelines and responsibilities. The team is required to meet on a quarterly basis.

Fort Frances Family Health Team.....807-274-3287

301 Victoria Avenue
Fort Frances, ON
P9A 2C1

Service for All Ages

Programs/Services Include:

Chronic Disease Management, Disease Prevention, Health Promotion, **Mental Health Counselling** (10-18yrs), Nutritional Counselling, Palliative Care, Rehabilitation and Diabetes Care. Two nurse practitioners on the team; peer support and referral services also available.

Gizhewaadiziwin Health Access Centre (Couchiching).....807-274-3131

1460 Idylwild Dr.
Fort Frances, ON
P9A 3M3
www.gizhac.com

The Gizhewaadiziwin Access Centre is a community based, Aboriginal controlled, primary care service that combines western curative care with traditional Ojibway healing philosophies and practices. The Access Centre provides clinical, social, health promotion and preventive services, as well as, access to traditional Ojibway healers.

Programs/Services Include:

Primary Care, Clinical Services, Dietician/Nutrition Services, Ojibway Medical Translator Program, Traditional Healing Program, Aboriginal FASD & Child Nutrition Program, **Mental Health Program**, Health Education Program, Asthma Plan of Action Program, Diabetes Educator, Diabetes Foot Care, Right to Play – Play for Diabetes Prevention Program.

Mental Health Program Description:

Individual and Family Counselling, Workshops/Presentations, Prevention Groups, Suicide Intervention Services, Substance Abuse Counselling, Family Violence Counselling, Grief Counselling, Family Support Counselling, Parent/Child Conflict Counselling, Teen Issues Counselling (Violence, Peer Pressure).

Kenora Rainy River District Child and Family Services.....807-274-7787

Atikokan

Fort Frances

211 Main Street West
Atikokan, ON
P0T 1C0
807-597-2700
www.krrcfs.ca

240 First Street East
Fort Frances, ON
P9A 1K5
807-274-7787

Service for 0-18yrs
Free of Charge

Child & Youth Mental Health Program Services:

Individual, Family, and Group Counselling, Treatment Groups, Development of Treatment Plans, Parent Support, Suicide Risk Support Services (24 Hours a Day), Linkages with health, financial, and educational services in the community, Public Education, Training, and Consultation.

A holistic approach is used during the initial assessment phase to gain an understanding of strengths and difficulties within the context of the family, school and the community.

Once the issues are understood and agreed upon with their client(s), our therapists draw on a variety of evidence-based and evidence-informed interventions to assist the child/youth/family. Such interventions include but are not limited to, cognitive behaviour based interventions, sensory based emotion regulation interventions, play therapy, family counselling, and parenting support programs.

*Referrals for service are received through the Central Access Mechanism (FIREFLY) located in the KRRCFS offices in Fort Frances and Atikokan. In Fort Frances, Rainy River and Surrounding area call 807-874-7787. In Atikokan call 807-597-4528

Rainy River District Shelter of Hope (Atikokan Crisis Centre)..... 1-800-465-3348

Box 818
Atikokan, ON
P0T 1C0
atikokan@shelternet.ca
atikokan.crisis@shaw.ca

Service for women 16yrs+ who have been physically, sexually, financially or emotionally abused and their children.

Programs/Services Include:

Emergency shelter for abused women and their children, coordinates support for residents, provides a 24-hour crisis line. Support groups and educational trainings also available.

Rainy River Victim Services Program.....807-274-5687

334 Scott Street
Box 683
Fort Frances, ON
P9A 3M9
www.rrdvsp.ca

Programs/Services Include:

- Emotional support
- Practical assistance
 - Accompany victims at the hospital, at home, or at the home of a friend or family member
 - Assisting with assorted tasks that may include but are not limited to making a safety plan, packing a bag, preparing a list of stolen or broken property, doing a home safety check etc.
 - Transporting to a hospital, their home or that of family or a friend, or making arrangements for transport to an emergency shelter
- Referral Assistance
- Sexual Assault Counselling
- Victims Quick Response Program

Riverside Community Counselling.....807-274-4807

Fort Frances Office
206 Victoria Avenue
Fort Frances ON,
P9A 2B7
807-274-4807 ext. 1

Emo Office
260 Front Street
Emo, ON
P0W 1E0
807-274-4807 ext. 2

Rainy River Office
115 Fourth Street
Rainy River, ON
P0W 1L0
807-274-4807 ext. 3

Mailing Address
110 Victoria Avenue
Fort Frances, ON
P9A 2B7

Service for 18yrs+

*May take referrals for under 18yrs in certain circumstances.

Programs/Services Include:

Addictions and problem gambling, family violence and trauma, mental health, marital and family counselling.

United Native Friendship Centre – Fort Frances.....Toll Free 1-877-496-9034

Main Building
PO Box 752
516 Portage Avenue
Fort Frances, ON
P9A 3N1
www.unfc.org
807-274-8541

Circle of Life Centre
616 Mowat Avenue
Fort Frances, ON
P9A 3N1

Service for All Ages

Programs/Services Include:

Youth justice program, Aboriginal healing and wellness program, Wasa-Nabin program, urban Aboriginal youth centre, Wiinisidotam adult literacy program, Aboriginal drug & alcohol program, Apatisiwin employment services, Aboriginal family support program, Native combined courtwork programs, Aboriginal healthy babies, Aboriginal prenatal nutrition, Aboriginal lifelong care, Aboriginal head start, Native alternative education program, homelessness

outreach program, Akwe:go program, urban Aboriginal healthy living program for kids, and **children’s mental health program.**

Children’s Mental Health Program Description (Children and Youth 7-15yrs):

Cultural based approach. Family support, workshops, therapeutic group services (children’s circles, family circles, and healing circles), community and cultural events, fitness and recreation activities, open traditional ceremonies, intake and assessment, referrals to internal/external programming, peer counselling, safety planning, referrals to tele-mental health assessment, and public education on drugs, alcohol, abuse, violence, healthy living, life skills, and mental health.

Weechi-it-te-win Family Services.....807-274-3201

Toll Free 1-800-465-2911

PO Box 812
Fort Frances, ON
P9A 3N1
www.weechi.ca

Weechi-it-te-win Family Services funds two non-mandated positions in each of the First Nation through a model of devolution. Services are decentralized and are carried out at the First Nations as agreed upon through a Service Agreement. These two positions are the Family Service Worker and the Family Counsellor. Weechi-it-te-win has devolved funding to each First Nation to develop a community care program. In 2015, Weechi-it-te-win funded a new child welfare position titled “family preservation worker.” The Family Preservation Worker program is an instrumental position to each team in reuniting families or providing hands on support to ensure there are no out of home placements of children.

Mental Health Related Programs/Services Include:

Telemental Health Program

Weechi-it-te-win Family Services is the Aboriginal Tele-Mental Health Service Coordinating Agency for the First Nations, Métis, Inuit and urban Aboriginal communities in Service Area 6. We are the Coordinating Agency for all Community-Based Aboriginal Mental Health Service Providers in this vast area. We are able to provide access to specialized mental health consults to children and youth using videoconferencing on the Ontario Tele-Medicine Network and Keewaytinook Okimakinak eHealth. We connect children and youth to a specialist from either of the three Hubs; The Hospital for Sick Children, the Children’s Hospital of Eastern Ontario, or the Child and Parent Resource Institute. We are child and youth centered and sensitive to the social, linguistic, and cultural diversity of the families in the northern communities.

Youth in Transition Program

The goal of the Youth-in-Transition (YIT) Program is to provide further support to our youth as they make a successful transition out of the child welfare system into adulthood. The YIT Worker will assist eligible youth in creating a client service plan, outlining their goals, identifying their strengths and weaknesses, and determining which resources and supports are needed to ensure success in adulthood. The Youth in Transition Program offers individual ongoing support to children in care or youth who are on extended care maintenance ages 14-25. This program also offers skill building and educational programming to all youth within this age group, such programming includes prevention and skill building programs as well as educational programs that increase knowledge of system navigation. Resources and supports may include: life skills (budgeting, household management, etc.), housing support (resources, applications, etc.), educational resources (funding, applications, etc.), employment and training resources (resume writing, interview skills, etc.), and assist with the process for disability services (DSO).

WFS Main Office Family Counselling Unit

The WFS Family Counsellor program does not duplicate services being provided at each of the 10 First Nations. The primary duties of the WFS Family Counsellors are to provide intensive brief counselling and/or services to children with multiple and/or complex needs and their families. Children in care that are currently presenting a need for treatment can also be referred to WFS Family Counsellors. The WFS Family Counsellors will respond to any youth in the Rainy River District school system that are presenting with suicide risk. The WFS Family Counsellor program may at times provide group and/or family based programs that can be accessed by CCP Program or families.

Children's Mental Health 0-18

The Children's Mental Health Program provides quick access to children's mental health support and services. Service provision to children 0-18 is delivered through group-based interventions, prevention programming, and brief therapeutic intervention services to children and families in need of immediate support. The Children's Mental Health Program offers specialized programming in the areas of personal safety, sexual abuse prevention, domestic violence intervention, bullying, suicide prevention and intervention and self-harm prevention. Additional programming is available in the areas of traditional child rearing, parenting/parent support, self-esteem, coping and relationship skills, as well as play-based activities to promote parent and child engagement and attachment, child development support and grief recovery programs for children, parents and caregivers. Children's Mental Health provides brief services (6 to 12) sessions for children in care and/or their families/caregivers.

Ganawendaasowin Programs

The Ganawendaasowin Program encompass a continuum of care beginning with pre-treatment, assessment and stabilization, treatment program, and aftercare for adolescents ages 12 to 17 who are experiencing problems with substance abuse, mental health, or behavioral concerns. The Ganawendaasowin Assessment Program is a three bed, 30 day stabilization unit located at 601 Victoria Avenue in Fort Frances. Soon to be re-opening is the Ganawendaasowin Treatment Program GTP which is a nine bed, 90 day treatment program.

Mental Health and Addiction Services Serving the Rainy River District Thunder Bay

First Place Clinic.....807-345-0060

Canadian Mental Health Association – Thunder Bay

28 Cumberland Street N. Suite 100

Thunder Bay, ON

P7A 4K9

www.thunderbay.cmha.ca/programs_services/firstplace/

Service for 14-35yrs

Program/Service Description:

First Place Clinic and Regional Resource Centre is a specialized service that offers community based consultation and treatment for individuals who are experiencing a first episode of psychosis. Families, significant others and community service providers are significant in recovery and therefore active involvement of these supports is encouraged. The ultimate goal of the service is to facilitate early identification of psychosis and to promote optimal treatment interventions that lead to the maintenance of meaningful recovery from psychosis. An interdisciplinary team approach is applied in all aspects of care and includes disciplines such as psychiatry, nursing, social work, psychology, and psychosocial rehabilitation specialties.

Thunder Bay Regional Health Sciences Centre

Child and Adolescent Mental Health Unit.....807-684-6525

Main Hospital Switchboard 807-684-6000

980 Oliver Road

Thunder Bay, ON

P7B 6V4

www.tbrhsc.net

The Child and Adolescent Mental Health Unit at Thunder Bay Regional Health Sciences Centre is an 8 bed unit designed to meet the needs of youth with severe mental health issues who require hospitalization. Youth age 15 and under may be admitted to CAMHU typically due to a crisis. Admissions occur through an Emergency Department or directly through a doctor. The length of stay can be as short as 1—4 days. This type of admission may be voluntary or involuntary.

The Child and Adolescent Mental Health Unit is a regional resource that services Northwestern Ontario. The catchment area includes the District of Thunder Bay, District of Kenova and **District of Rainy River**. There are no other children's mental health inpatient programs in the region

The Unit offers an assessment and stabilization and provides a safe and therapeutic environment for medically stable youth. Inpatient services are delivered by an interdisciplinary team which includes physician(s), psychology, social work, nurses and child and youth workers, teacher and Native liaison worker.

The Child and Adolescent Unit provides two types of admissions; crisis admissions and elective assessment admissions. The goal is to provide a safe place while problems are identified and solutions explored. When there is bed availability, elective assessments are available. Patients are referred by physicians or community agencies, there is a longer length of stay and a more comprehensive assessment is completed.

Programs/Services Include:

- Stabilization
- Clarification of diagnosis
- Medication review and education
- Education for youth and families about mental health problems, their treatment and management
- Development of a safety plan
- Crisis intervention session for parents/guardian
- Referrals to community service providers
- Discharge planning with the patient, guardian, and service providers

Rainy River District School Board School Support Services Counselling Program

The Rainy River District School Board's School Support Services Counselling Program provides free and confidential mental health and wellness support to students across the district. A primary goal of the program is to connect students quickly to mental health supports when they need them. Students can meet with a counsellor at school or outside of school for up to 10 sessions. If students need ongoing support beyond those sessions, the counsellor supports the student in transitioning over to a community service provider. Whenever possible, the same counsellor will continue to work with the student.

How to Access the School Support Services Counselling Program

To access the School Support Services Counselling Program, a student or their parent/guardian can speak with a teacher or school administrator. A request will be sent by the school to the School Support Services department where it will be quickly processed. A consent form will be signed by the parent/guardian and student (for secondary school students) and the next available counsellor will be assigned. Depending upon the needs of the student, the child and youth counsellor may connect with the school and/or home before making an appointment to meet with the student. School counselling services are always voluntary.

What to Expect

Students can expect to be treated with respect and to be included in the treatment planning process. Seeing a counsellor is voluntary and the student has the right to discontinue services at any time. When appropriate, the counsellor may request the involvement of the child or youth's parent/guardian.

Confidentiality

The counsellor will maintain confidentiality which means personal information, like the things a student tells the counsellor, will be protected, kept private, and not shared without permission.

There are two exceptions:

1. When consent (permission) is given by the client to share information. The client will have the right to inform the counsellor of what information can be shared, who they can share it with, and how that information can be used.
2. Situations where the law says that the counsellor must share the information. These situations include when the counsellor believes that the child or youth may hurt themselves or someone else, if child abuse or neglect is suspected, or if the courts order the counsellor to release the information.

Consent

Consent is the process through which the client agrees to participate in the service. The School Support Services Counselling Program has a consent form which must be signed in order for services to begin. Students under the age of 12yrs. will only require a parental signature. In addition to the parent/guardian signature, students between the ages of 12-17 yrs. will also sign the consent form. Students who are 18 years or older are able to provide their own consent without the parent/guardian being notified. The process of ongoing consent will be explained by the counsellor at the first meeting.

Counselling Service

Counsellors can work with students on a variety of personal problems and mental health concerns including: anger, anxiety, attendance difficulties, behavioural difficulties, bullying, crisis intervention, depression, eating disorders, family conflict, gender identity support, grief and loss, managing emotions, self-esteem, separation and divorce, sexual identity support, self-harm, social skills, stress, substance abuse, thoughts of suicide, and tragic events response.

Counsellors can:

- Provide short-term supportive counselling and/or therapeutic services to a student or group of students
- Provide crisis intervention
- Help students at risk for suicide develop a plan to stay safe
- Assist with referrals to other community services
- Consult with families, school staff, and community services (with consent)
- Support conflict resolution
- Inform school personnel of student-school-family-community relations which affect the student's school performance
- Support students in having a positive school experience

If you have any questions about the School Support Services Counselling Program please contact your school administration team.

Mental Health and Wellness Websites

- ABCs of Mental Health.....www.hincksdellcrest.org/abc
- Anxiety BC.....www.anxietybc.com
- Canadian Association for Suicide Prevention.....www.suicideprevention.ca
- Canadian Mental Health Association.....www.cmha.ca
- Centre for Addiction and Mental Health.....www.camh.ca
- Children’s Mental Health Ontario.....www.kidsmentalhealth.ca
- Early Psychosis Interventionwww.earlypsychosis.ca
- Family Smart for Child and Youth Mental Health.....www.familysmart.ca
- Kids Help Phone.....www.kidshelphone.ca
- Mind Your Mind.....www.mindyourmind.ca
- Ontario Centre of Excellence for Child and Youth Mental Health.....www.excellenceforchildand youth.ca
- Parents for Children’s Mental Health.....www.pcmh.ca
- Teen Mental Health.....www.teenmentalhealth.org
- Your Life Counts.....www.yourlifecounts.org