

Developing Mentally Healthier Communities Through Sport

Let's Take a Time Out to Plan

As parents or caregivers, we may know that our child or youth is having mental health concerns, but it can be difficult to know what type of support they need or where to get support for them.

Does my child or youth need urgent support?

- Is there a risk to safety? Are they expressing thoughts of suicide?
- Call 911 or go to your local emergency department.
- Call a local crisis line and ask about next steps.

Where can I get non-urgent support for them?

- Access your workplace Employee Assistance Plan, if you have one, and find out what is offered for counselling, assessment and mental health support.
- A family doctor can often help determine what they need and can provide referrals to counselling and mental health assessments.
- Ask your child's school if they are aware of any resources or have support available.
- Talk to other parents or caregivers who have had similar experiences. Try joining a parents' support group.



Developing Mentally Healthier Communities Through Sport

Where can I get more information about child and youth mental health and community resources?

- Call a local [CMHA Branch or crisis line](#); they can listen, provide resources and help with system navigation.
- Access online resources that centralize services and to find out what is available in your community:
 - [Children's Mental Health Ontario](#): 416-921-2109 ext. 128
 - [ConnexOntario](#): 1-866-531-2600

How do I know who they should go to for support?

- Get to know the who does what:
 - **Social worker or registered psychotherapist:** Cannot provide medication or formal diagnoses. Can provide counselling and treatment focused on emotions and behaviours.
 - **Psychologist:** Cannot provide medications. Can provide psychological testing, evaluation or assessments. Can also provide counselling.
 - **Family doctor:** Can provide medications but does not have a speciality in mental health. Can refer to psychiatry when needed.
 - **Psychiatrist:** Can provide assessment and diagnosis for mental health issues. Can prescribe medication.

