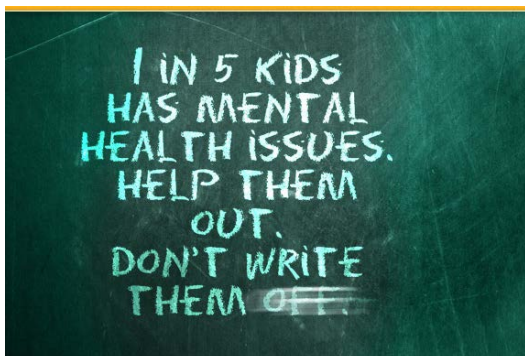


Why Should I Care About Mental Health?

We will see so many children for a constant period of 10 months every year. We are on the front line for identification and assistance in the realm of Mental Health. If we are not aware of who is in our classroom how can we teach them? Understanding Mental Illness is a key factor in the success of a teacher. Take some time, look at what you are interested in and keep the references for use later on. No matter where you teach, you will have students with Mental Health illnesses. Will you be the teacher that doesn't care, or the one that understands and is ready to **MAKE A DIFFERENCE**? I hope this is helpful! (I've also attempted to note, where possible, the resources that are in both English and French)

McGuinty Liberal promise to put \$257 million into programs for Ontario's 50,000 youth with Mental Health issues. Check out the news story:

<http://www.globaltoronto.com/health/mcguinty+promises+to+boost+mental+health+support+for+ontario+youth/6442487919/story.html>



If I look at only ONE resource what should I look at?

Differentiated Instruction, Assessment and Understanding Mental Illness

This site has an interactive overview on all (or a vast majority) of mental health illnesses. This project, done at UBC, has an overview, personal stories, and documentaries on everything from anxiety to depression to Behaviour Disorders and Psychosis. It is worth taking even a quick look at.

<http://takingcare.knowledge.ca/>

I lied, look at this one too. It focuses on teaching and assessment strategies to use when you have children with Mental Health disorders in your classroom. Creating Accessible Teaching & Support (CATS) goes through several different illnesses and strategies for each. GREAT RESOURCE!

<http://www.adcet.edu.au/cats/view.aspx?id=4015>



What Should I know?

Looking to understand more about Mental Health concerns and strategies to detect Mental Health concerns in your classroom? Check out this site for FREE resources for teachers in English AND in French! Browse the links to find what you are interested in (SUPER helpful):

http://www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php

Here to Help is an organization that offers information, knowledgeable staff and key ideas for identification and interaction. Based in BC, Hear to Help offers “Mental health and substance use information you can trust.”

<http://heretohelp.bc.ca/home>

The Centre for Addiction and Mental Health offers many resources for teachers. These can be found by selecting the tab entitled “Education and Courses” from the left-hand side of the homepage. Then click “Resources for Teachers & Schools”. There are many resources listed on this site. I would recommend Talking about Mental Illness (TAMI) for I/S teachers.

<http://www.camh.net>

Questions about depression specifically? This site offers many key facts and an assessment tool that you can use for yourself or in relation to one of your students. The downside to this resource is that it focuses mostly on adult behaviours and questions. The upside is that most of these questions are transferable.

http://www.depressionhurts.ca/en/symptomchecklist.aspx?WT.srch=1&DCSext.srchsrc=Google&DCSext.sitearg=&DCSext.loctype=search&WT.mc_id=FY10_Depression&WT.seg_1=depression&DCSext.adid=5450778990

Looking for specifics on Schizophrenia? The Schizophrenia Society of Canada has resources for understanding the disease and its impacts.

<http://www.schizophrenia.ca/Reaching.htm>

Researchers in Spain have proven that Art Therapy can be beneficial for treating Mental Health Issues. Different art activities can be worked into classroom routines. Think drawing instead of journaling for example. This is the article on mental health:

<http://www.arttherapyblog.com/mental-health/mental-illness-treated-with-art-therapy/>

P/J teachers may find this helpful. Roots of Empathy is a program that fosters a holistic understanding of the self in relation to others. Understanding our own temperaments by observing others.

<http://www.rootsofempathy.org/>

Want even more information? Check out the Ministry of Children and Youth Services site on Mental Health Services. Features: Know the Signs, Find Help, Information for Teens.

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/mentalhealth/index.aspx>

Some Resources for our Students

Kids Help Phone offers a 24/7 confidential place to vent. Trained counsellors are available to speak to any student at any time. Typically we think of kids as solely P/J but in fact most of the students who call Kids Help Phone are in the transitioning years between Elementary and High School (thus mostly I/S). Students can also “chat” with a counsellor online via the online chat function from the website. Kids Help Phone also has posters and a very interactive kid’s site online. Further Kids Help Phone offers a “Parent’s Line”. Here teachers could call to confidentially speak to a counsellor. This service runs CANADA WIDE.

Kids Help Phone – 1-800-668-6868

Parent Help Line – 1-888-603-9100

www.kidshelpphone.ca



The Youth Line is a peer support service for Lesbian, Gay, Bi, Trans, 2-Spirit, Queer and Questioning youth across Ontario. They provide support over e-mail, MSN and on their toll free phone line. Youth Line also has an online database that anyone can use to find queer/trans-positive services and resources across Ontario:

Youth Line toll-free: 1-800-268-9688

<http://www.youthline.ca>

ONLINE DATABASE:

http://youthline.ca/referral_database.php



Open Doors is a community based resource that is based in Lanark County, servicing Carleton Place, Almonte, Pakenham, Lanark, and Perth. This organisation services are available to children (0-18) and their families.

<http://www.opendoors.on.ca/aboutus.htm>



The New Canadian Centre in Peterborough helps children and families who are new Canadians. Many issues may arise from cultural barriers or norms. This resource can also be used by teachers to better understand students from other countries.

<http://www.nccpeterborough.ca/>



Whitepath Consulting and Counselling Services focuses on

emotional health and social competencies in Aboriginal populations. This service is based in downtown Peterborough.

<http://www.whitepathconsulting.com/ourteam.html>



Mental Health Resources Kingston Area		
Name	Contact Info	Description
1. CMHA Canadian Mental Health Association	613-549-7027 www.cmha.ca http://www.kingston.org/cmha/start.html	Provides information and advocacy and supports recovery from mental illness. Serves Kingston area.
2. Frontenac Community Mental Health Services	613-544-1356 www.fcchs.ca	Residential, vocational, psychosocial, legal advocacy and family services for those with serious mental illness; Frontenac County
3. Options for Change	613-544-1356 ext. 4200 www.fmchs.ca	Provides free treatment, counselling and family support for those with substance abuse or addictions; serves Frontenac county.
4. Frontenac Community Mental Health Services Crisis Line	613-544-4229 www.fmchs.ca	24 hour crisis line for those with serious mental illness; Frontenac County
5. CAMH- Centre for Addictions and Mental Health	613-546-4266 www.camh.net	Provides Education and Resources on mental health and addictions. Kingston office serves South-Eastern Ontario.
6. TALK- Telephone Aid Line Kingston	613-544-1771 http://members.Kingston.net/talk/	Provides telephone support to anyone in distress, 7pm-3am, daily. Kingston area. Workshops on suicide prevention and active listening.
7. Providence Care Mental Health Services	613-546-1101 www.pccchealth.org	In-patient care and out-patient services for people with serious mental illness. Kingston based, serves south-eastern Ontario
9.HDH – Eating Disorder Clinic	613-548-6121 www.hoteldieu.com/eatingdisorder.html	Outpatient, multidisciplinary treatment for those aged 18+ with eating disorders
10.HDH – Detoxification Centre	613-549-6461 www.hoteldieu.com/detox.htm	Walk-in or telephone crisis response; short term, non medical treatment, counselling and referrals for those

		needing to detoxify from alcohol or drugs, waiting for intake into a treatment program, or at risk of relapse. Open 24/7.
11.KGH – Kingston General Hospital – Emergency Department	613-548-2333 www.kgh.on.ca	24 hour full service Emergency Dept. at Kingston-based teaching hospital; South-Eastern Ontario
12. Queens University Counselling Services	613-533-2506 www.queensu.ca/hcds/cs	Provides personal counselling to Queens students; cross cultural, learning strategies & crisis counselling available
13. Lennox and Addington Addiction and Community Mental Health Services	613-354-7521	Provides telephone crisis intervention and response: assessment and referral to clinical services for those aged 16+ in Lennox and Addington
14. AWARE- Action on Womens Addictions	613-545-0117 http://aware.on.ca	Provides information, advocacy, research, and health promotion and prevention activities related to women's substance use and health issues. Kingston Branch.
15. Drug and Alcohol Registry of Treatment	1-800-565-8603 http://www.dart.on.ca	Telephone service provides info about drug and alcohol treatment options in ON 24/7
16. Youth Diversion	613-549-1232 http://www.youthdiversion.org	
17. Salvation Army Residential Treatment Program Harbour Light Centre	613-546-2333 http://www.kingstonharbourlight.org	Residential holistic, 90 day treatment program or drug and alcohol abuse. Adult males; ON Kingston based serves Eastern
18. KFL&A Health Unit	613-542-6559 http://www.kflapublichealth.ca/	Provides information, programs and services that promote safe alcohol use, and drug- and tobacco free living.
19. Alcoholics Anonymous	613-549-9380 www.kingstonaa.org	Self Help and sharing to help others to recover from alcoholism. Participants must have the desire to stop drinking. Kingston Branch
20. Cocaine Anonymous	613-622-4636 http://www.ca-on.org/	Self help and sharing to help others recover from addiction. Participants must have the desire to stop using cocaine. Kingston Branch
21. Limestone Area Narcotics Anonymous	613-531-7212 http://www.orscna.org/english/index.php	Information and self-help for those recovering from a narcotics addiction. Several groups in Kingston (Limestone)

		Area.
22. Mood Disorder Support Group of Kingston	613-544-2886 http://mooddisorders.on.ca/regionalgroups.html#Kingston	Weekly support for those with mood disorders. Kingston
23. MDA YAK – Mood Disorders Association for Young Adults in Kingston	MDA_YAK@hotmail.com http:// www.mooddisorders.on.ca/pdf/MDAYAKposter.pdf	Support group for those aged 16-29 with mood disorders; information on employment, education, disability services and coping skills. Kingston
24. K3C: Kingston Community Counselling Service	613-549-7850	
25. Kingston Access	613-542-2512	
26. Kairos	613-542-6559	Provides outpatient counselling and education for those aged 14-25 with alcohol, drug, or behavioural issues. Serves South Eastern Ontario

The Assessment Toolkit for Bullying, Harassment and Peer Relations at school is a free document that goes through: Foundations for Standards, Best Practice Standards, and Tools. The PDF is long, but easy to navigate through.

<http://www.cpha.ca/en/activities/safe-schools.aspx>

The Canadian Mental Health Association – Kingston Branch, offers several different types of workshops and professional development running throughout the year. There is a cost associated with each one, but they are available.

<http://www.kingston.org/cmha/>

When Something’s Wrong is a resource that looks specifically at Eating disorders. It explores the warning signs, symptoms, and resources. If you’re looking for Eating Disorders specifically, this resource is great. http://cprf.ca/publication/handbook_pdf.html

Aboriginal Mental Health Services in Ontario: contact information, location, and eligibility.

<http://74.213.160.105/oahai/Acrobatfiles/Mhserv.pdf>

CMHA Ontario

Canadian Mental Health Association, Ontario

180 Dundas Street West, Suite 2301

Toronto, ON M5G 1Z8

416-977-5580

1-800-875-6213 (toll-free in Ontario)

Fax 416-977-2813

E-mail info@ontario.cmha.ca

The following list can be downloaded from the website of our Ontario division.

From pamphlets to newsletters to guides, the CMHA has a range of resources dealing with many aspects of mental health and mental illness, most of which can be viewed here online in PDF format. The Mental Health Pamphlet Series includes more than 30 pamphlets with vital information on mental health and mental illness. Some pamphlets are available in Farsi/Dari, Greek, Italian, Polish, Portuguese, Somali, Serbo-Croatian, Tamil and Urdu. [Visit our Multi-Language Brochures](#). Hard copies of many of our guides, books and other resources can be ordered online from [ShopCMHA](#).

Mental health

[Citizens for Mental Health](#) (PDF)

Mental Health Priorities of the Voluntary Sector: Development of a Framework for Action

[Mental Health: Backgrounder](#) (PDF)

[Framework for Support: Third Edition](#) (PDF)

[10 Tips for Mental Health](#)

[Mental Health Promotion Tool Kit: A practical resource for community initiatives](#)

[Mental Health Promotion Tool Kit](#) (PDF)

[Mental Health Promotion - Train the Trainers Manual](#)

The Train the Trainer Manual is a companion piece to the Mental Health Promotion Tool Kit.

[Mental Health Promotion - Train the Trainer Manual](#) (PDF)

[Mental Health Support Network HPE](#)

Provides support and services within Hastings and Prince Edward Counties to individuals who have been diagnosed with a serious mental illness or who have experienced difficulties with mental illness.

[Mental Illness Knowledge Test](#)

[Housing, Health and Mental Health](#) (PDF)

Reports

[Canadian Mental Health Survey, 2001 \(COMPAS\)](#)

[A Report on Mental Illnesses in Canada](#)

[“Mental Illness in Canada” backgrounder from the Citizens for Mental Health project](#) (PDF)

[The Canadian Community Health Survey On Mental Health and Wellbeing, 2002](#) (PDF)

[Report on the Workshop on Suicide-Related Research in Canada, 2003](#) (PDF)

Stress

[CMHA Stress Test](#)

[Coping with Stress](#) (PDF)

Children/Youth

[My Life - It's cool to talk about it!](#)

The My Life - It's cool to talk about it! campaign focuses on youth mental health and is designed to encourage teenagers to talk about their mental health concerns and issues before serious problems arise.

[Your Education – Your Future](#)

A site for college and university for students with psychiatric disabilities.

[Your Education -- Your Future](#) (PDF)

A guide to college and university for students with psychiatric disabilities.

[Mental Health and High School](#)

A site for students, teachers & school staff, and parents.

[Mental Health and High School](#) (PDF)

This guide explores some of the issues related to being a teen and experiencing mental health problems and mental illness.

[Handle with Care](#) (PDF)

Strategies for promoting the mental health of young children in community-based child care.

Seniors/Aging

[Supporting Seniors' Mental Health through Home Care: A Policy Guide](#) (PDF)

[Supporting Seniors' Mental Health: A Guide for Home Care Staff](#) (PDF)

Home Care/Caregivers

[Caregiver Support and Mental Health: Backgrounder](#) (PDF)

["Home Care" backgrounder from the Citizens for Mental Health project](#) (PDF)

[Home Care and People With Psychiatric Disabilities, 2000](#) (PDF)

Seasonal Affective Disorder

[Seasonal Affective Disorder - FAQ](#)

[Recipe: Banana Berry Wake Up Shake](#)

Psychosis

[Early Psychosis Intervention: A Framework for Strategic Planning](#) (PDF)

[An introduction to Early Psychosis Intervention: Some Relevant Findings and Emerging Practices](#) (PDF)

[Family to Family Newsletters: For First-Episode Psychosis Families](#)

[Early Psychosis Intervention](#)

[Guide to Canadian Early Psychosis Initiatives](#) (PDF)

[A Sibling's Guide to Psychosis - Information, Ideas and Resources](#) (PDF)

[What Can Communities Do? A Community Action Guide to Early Psychosis Intervention Strategies](#) (PDF)

Employment

[Making it Work: A Resource Guide to Supporting Consumer Participation in the Workforce Steps to Employment Workbook](#) (PDF)

[Consumers Speak About Getting A Job](#) (PDF)

[Hangin' in There: Strategies for job retention by persons with a psychiatric disability](#) (PDF)

[Diversity Works: Accommodations in the Workplace for People with Mental Illness](#) (PDF)

[Strategies For Success: A Consumer's Guide to the Workplace](#) (PDF)

[Action Steps to Real Work](#) (PDF)

[Disclosure of your Disability](#) (PDF)

Working Well: An Employer's Guide to Hiring and Retaining People with Mental Illnesses
Can be found on [ShopCMHA](#) under Publications

Suicide Prevention: www.befriends.org

Links and Resources

[Applied Suicide Intervention Skills Training \(ASIST\)](#)

[Canadian Association for Suicide Prevention](#)

[Suicide Information and Education Centre](#)

[Survivor of Suicide Handbook](#) (PDF), CMHA Manitoba

[Reaching Out to Prevent Suicide Can Save Lives](#)

[Building Awareness-Reducing Risk: Mental Illness and Suicide](#), World Mental Health Federation, World Mental Health Day Project 2006

[Coping with Suicidal Thoughts](#)

Information and practical ideas for individuals who are contemplating suicide.

[Hope and Healing: A Practical Guide for Survivors of Suicide](#)

Focuses on the practical matters that survivors need to deal with after a suicide.

[Working with the Suicidal Patient: A Guide for Health Care Professionals](#)

Guide for the professional whose client is actively planning a suicide attempt.

[Working with the Client Who Is Suicidal: A Tool for Adult Mental Health and Addiction Services](#)

A professional resource addressing a number of issues such as myths of suicide, how to build a trusting

therapeutic relationship, mental illness and how to build a network of support in the community for the client.

[Honouring Life Network](#)

A website developed to combat suicide among Aboriginal youth that targets both Aboriginal youth and suicide prevention workers in First Nations, Inuit and Métis communities.

Facts about Suicide

[Suicide Warning Signs](#)

[Preventing Suicide](#)

[Youth and Suicide](#)

[Grief after Suicide](#)

[Suicide Statistics](#)

[An Overview of the Relationship between Suicide and Mental Illness](#)

[Responsible Media Reporting Guidelines](#)