

Mental Health Supports for Educators, Parents and Students

Educator Supports

Student Mental Health Ontario (SMHO)

- [How to support student mental health during COVID 19 pandemic](#)
- [New resources focus on mentally healthy schools and classrooms](#)
- Webinars coming soon.

Elementary Teachers' Federation of Ontario (ETFO)

- [Everyday Mental Health Classroom Resource](#)
- [PRS Member Mental Health](#)

Center for Addiction and Mental Health (CAMH)

- [Mental Health and the Covid 19 Pandemic](#)

Ontario Teachers' Federation (OTF)

- [Mental Health Strategies](#)
- [Teaching Strategies for Students with Special Needs](#)
- [Survive and Thrive](#)

Ontario Physical and Health Education Association (OPHEA)

- [Mental Health Program Guide](#)

Facing History

- [Support for Teachers During the COVID 19 Outbreak - webinars](#)

Teaching Tolerance

- [Teaching Coronavirus: What Educators Need Right Now](#)

Canadian Mental Health Association (CMHA)

- [Covid 19: Mental Health and Well Being](#)

Parental Supports

Student Mental Health Ontario (SMHO)

- [Take Action – How to talk with your child](#)
- [12 Easy and Fun Mental Health Practices](#)

Children's Mental Health Ontario (CMHO)

- [Talking to your anxious child about Covid 19](#)
- [Mental Health and the Covid 19 Pandemic](#)

Ontario Teachers' Federation (OTF)

- [Parental Engagement - Engaging in Wellbeing and Safety](#)

Center for Addiction and Mental Health (CAMH)

- [Talking to kids](#)


Student Supports

Student Mental Health Ontario (SMHO)

- [Reaching Out](#)

Kids Help Phone

- [We're here for you during Covid 19](#)

 You can reach a Kids Help Phone counsellor 24/7 at 1-800-668-6868

 [Connect to 686868](#)

 [Live Chat](#)

Bell Let's Talk

- [Bell Let's Talk Resources](#)

