# **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

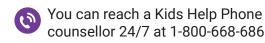
## **Student Supports**

## Student Mental Health Ontario (SMHO)

**Reaching Out** 

## **Kids Help Phone**

We're here for you during Covid 19



counsellor 24/7 at 1-800-668-6868



Live Chat

## **Bell Let's Talk**

Bell Let's Talk Resources



etfo.ca/link/covid19 ETFO

