





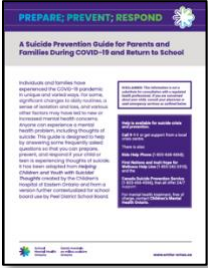



# SMH-ON Resources

Scan the QR codes below to access resources to support children’s mental health

The following resources contain strategies for parents and caregivers to support children’s mental health.







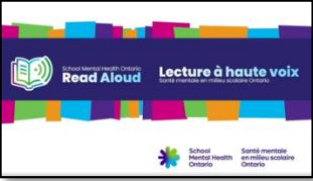

**How to use a QR code:**

- open the camera on your device
- focus the camera on the QR code by gently tapping the screen
- follow the instructions on the screen to access the resource

| Resources for parents/caregivers to support children’s mental health                |  |   |
|---|--|---|
|  | <p><b>By Your Side – video series</b></p> <p>In this video series, School Mental Health Ontario’s Family / Caregiver Engagement and Literacy Lead, Patricia Codner, speaks directly to parents and caregivers to provide inspiration and information to support student mental health.</p>   |   |
|  | <p><b>Prepare; Prevent; Respond</b></p> <p><i>A Suicide Prevention Guide for Parents and Families During COVID-19 and Return to School</i></p> <p>This guide is designed to help by answering some frequently asked questions so that you can prepare, prevent, and respond if your child or teen is experiencing thoughts of suicide.</p> |  |
|  | <p><b>Helping Your Child Manage Digital Technology</b></p> <p>This resource provides information on how to know if your child’s screen time is problematic and supports if you are concerned that it is.</p>   |  |





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|    | <p><b>With Care: Tip Sheet for Parents &amp; Caregivers</b></p> <p>This tip sheet explores how parents and caregivers can identify if their child might be experiencing a mental health problem, what to look for and how to access help.</p>  |    |
|    | <p><b>Noticing Mental Health Concerns for Your Child</b></p> <p>This info sheet explores what parents and caregivers might notice if their child might be experiencing a mental health problem and how to access help. The info sheet was created to support return to school in September 2020, but the information remains relevant.</p> |    |
|   | <p><b>Easy and Fun Mental Health Activities for Home</b></p> <p>This is a series of 12 mental health activities designed for parents and families to try at home. They're connected to six areas of social-emotional learning and are available as a PDF file or graphics.</p>   |   |
|  | <p><b>Read Aloud Videos</b></p> <p>The read aloud videos can be enjoyed at home, or for classroom use as part of integrated learning supporting the elementary Health and Physical Education curriculum lesson plans, the virtual field trip series, or adapted in your own planning.</p>  |  |

Visit [smho-smso.ca](http://smho-smso.ca) for more free resources available to educators, school staff, parents/ caregivers and students.

