

PARENT *MENTAL HEALTH* RESOURCE GUIDE



Why is it important to support my youth?

Parents and caregivers play a vital role in supporting the mental health and well-being of young people. As youth navigate the challenges of growing up, including academic pressures, social relationships, identity development, and life transitions, having caring and supportive adults in their lives can make a significant difference in their mental health.

Research consistently shows that strong family connections, open communication, and early support can help build resilience, reduce the impact of mental health challenges, and encourage youth to seek help when needed.

Signs that your child is struggling with their mental health

Social Isolation

Avoiding friends, family, and neglecting activities they used to enjoy

Changes in Daily Habits

Sleeping or eating too much or too little. Neglecting personal hygiene

Increased Self-Criticism

Includes increased negative self talk, irritability, and emotional reactivity

Decline in Academic Performance

Low energy, difficulty concentrating, and difficulty meeting deadlines

How do I support my child or youth?

Create a home environment where your child knows they are still loved regardless of what they are going through.

Acknowledge their courage for coming to talk to you.

Know that you will not have all the right answers, and you do not need to know all the right answers. All you have to do is listen and validate how they are feeling.

Ask if they would like for you to just listen or if they want advice.

Emotional attunement — don't try to change how they feel, just sit with them and hold space for their emotions.

Listen without judgement. Let them know that you are a safe person to talk to and check in regularly with how they are feeling.

Engage in healthy coping strategies with your teen such as exercise, mindfulness, or creative activities such as painting or music.



Why should I care for my mental health?

There is a popular quote in mental health that says, "you can't pour from an empty cup," meaning you cannot care for others without caring for yourself first. No matter how old your children are, prioritizing your wellbeing is one of the greatest gifts you can give your children.

How do I care for my mental health?

Live a lifestyle that is active and incorporates nutritious foods to help support your mind and body.

Take time to intentionally rest and relax.

Build a strong support network (friends, family, parenting groups) who understands what you are going through.

Do your favourite self-care activities everyday.

Learn how to set boundaries with yourself and other people.

Try going to therapy for yourself! Therapy can help with managing stress, learning new coping strategies, & processing past trauma.

Resources for Parents

In Person Support:

- **Eagles Nest Waterdown**
 - In person, hybrid, or virtual - up to 15 sessions
- **Free Counselling Society Canada**
 - In person or online therapy up to 12 sessions
 - Offers 1:1 counselling, couples counselling, family and co-parenting counselling, and kid/teen counselling
- **The Association of Parent Support Groups in Ontario (APSGO)**
 - A parenting group that meets on Wednesdays from 7:00pm-9:00pm
- **Parents & Caregivers for Mental Health (PCMH)**
 - Located at Compass Point (1500 Kerns Road, Burlington, ON)
 - Every fourth Tuesday of each month from 7:00pm-8:30pm

Online/Video/Phone Support:

- **Parents' Lifelines of Eastern Ontario (PLEO)**
 - Parents Helpline toll free number: (855) 775-7005
 - Available Monday - Friday from 9:00am-7:00pm
 - Helping parents and caregivers of children up to age 25
 - Free virtual support groups
- **Parents & Caregivers for Mental Health (PCMH)**
 - Virtual support groups for Hamilton/Brantford
 - Every first Wednesday of each month from 7:00pm-8:30pm
- **Canadian Mental Health Association (CMHA) - Halton**
 - Free individual call in counselling (ages 16+)
 - (289) 291-5396

Single Session Therapy:

- **Canadian Mental Health Association (CMHA) - Hamilton**
 - Single session therapy – One at a Time Counselling (OAAT)
- **Thrive Counselling – Burlington**
 - 777 Guelph Line Suite 207
 - Walk in counselling on Thursdays from 10:00am-5:00pm



Please don't hesitate to contact us with any questions or concerns that you may have.

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