

Lifestyle Habits

Nutrition

Wanting to learn more about the key nutrients for optimal brain health, food and mood, and how to prevent depression and anxiety with healthy eating? Better diet= better mental health. Click here.

- ☐ [HFHT Countdown to a Healthy Future Handout](#)
- ☐ [PlantRx](#)

Exercise

Physical activity keeps the body strong and healthy and can improve mental health by decreasing symptoms of depression, anxiety, pain and loneliness.

- ☐ [ParkRx](#)
- ☐ [Caring for Kids Physical Activity](#)

Sleep

Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.

- ☐ [Sleep & Insomnia Self-Help Resources - Information Sheets](#)
- ☐ [My Sleep Well](#)

Digital media and screen time

Screen time has been linked to lower levels of physical fitness and problems with mental health and social development.

- ☐ [Screen time and young children | Caring for kids](#)
- ☐ [Screen time: Overview](#)

- ☐ **Other:**

Educational and Self-Directed Resources

Read online

☐ **Canadian Pediatric Society (Caring for Kids)**

Provides parents with information about their child's and teen's health and well-being.

☐ **Children's Mental Health Ontario**

Children's Mental Health Ontario curates' evidence-based resources to help families and those working with kids to find trust-worthy, reliable information and resources.

☐ **Anxiety Canada**

Free online, self-help, and evidence-based resources on anxiety.

☐ **School Mental Health Ontario**

Provides evidence-based information and resources to families, educators, students and mental health professionals.

☐ **Mind Your Mind**

For ages 14-29. Interactive tools and innovative resources to build capacity and resilience.

☐ **Mental Health Foundations**

Resources including video series to support caregivers interested in "prevention parenting" or who are struggling with the behavioral or emotional needs of their child/loved one. Practical skills and techniques are presented, as well as education and skills to manage intense emotional reactions.

☐ **Your Space Hamilton**

Supports created especially for youth and families waiting for child and youth mental health services. Community based service providers understand the difficulties of wait times and have worked with local youth and families to develop a series of supports that can be helpful now, including live online webinars for youth and families, archived videos as well as online and print resources.

☐ **Growing Together**

Free educational workshops and community resource guide for parents offered by McMaster Children's Hospital

☐ **SickKids Mental Health Learning Hub**

This hub includes resources for parents on how to support your child's mental health and general well-being through physical activity, sleep and nutrition. It also provides information on the signs, symptoms and treatments of different mental health conditions.

☐ **National Eating Disorder Information Centre (NEDIC)**

Provides information, education and resources on eating disorders and support strategies , as well as help finding a provider that specializes eating disorders near you. You can connect with them using their helpline (1-866-633-4220) or via email or live chat on their website.

Books

☐ **McMaster Lending Library**

The library is available to patients, families, staff and the community. It has hundreds of books, DVDs and based service providers understand the difficulties of wait times and have worked with local youth and families to also many online resources that provide up to date information. Staff can guide you to relevant, current and reliable resources.

For additional resources please contact your Family Doctor.

Emergency Resources

☐ **COAST Hamilton** (905) 972-8338

All ages

24/7 Crisis Line

Crisis Triage, Support Workers and other clinicians answer calls on the COAST crisis line. An intake assessment is completed, in which the person is asked about the situation, mental health concerns, and potential risks. Support, recommendations, and a plan for intervention are developed together, which could include mobile outreach.

☐ **Kids Help Phone** Crisis Line: 1-800-668-6868

24/7 e-mental health service offering free, confidential support to young people in English and French. Access to volunteer crisis responders to address young people's continuum of emotional and mental health needs, from crisis situations to the everyday concerns of growing up.

☐ **LGBT Youth Line**

Youth Line offers confidential and non-judgmental peer support through telephone, text and chat services.

Sunday to Friday, 4:00PM to 9:30 PM

Phone: 6 PM – 9 PM, at 1-800-268-9688

Text: 4 PM – 9:30PM, at 647-694-4275

Peer volunteers who are trained in active listening and relevant knowledge such as anti-oppression, anti-racism, sex and consent, STIs, HIV, self-care, and more. Not a Crisis Support Line

☐ **Trans Lifeline** (877) 330-6366

Trans Lifeline hotline offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

☐ **McMaster Children's Hospital: Child and Youth Mental Health Emergency Services (CHYMES)**

McMaster Children's Hospital Emergency Department for children, youth, and families experiencing mental health crises which require prompt attention such as risk of harm. The child or youth will be seen by a clinician who can either be a nurse, social worker or psychologist. Clinicians review every patient's situation with a psychiatrist to create a plan of care. Only in some cases will a psychiatrist directly see a patient.