

## **MENTAL HEALTH RESOURCES**

### **SickKids Centre for Community Mental Health**

<https://www.sickkidscmh.ca/ABC/Welcome.aspx>

Teacher and parent resources to help recognize, understand and respond to a variety of challenging behaviours and temperaments in children and adolescents.

- A summary of behavioural types (such as “the worried child”, “the child with poor social relations”, “the angry or aggressive child”)
- Tips and ideas for responding to these behaviours
- How to judge the seriousness of these behaviours (Green, Yellow, Red)

### **Canadian Mental Health Association**

<https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/>

- Fact Sheets on various mental health issues in children and youth
- Links to mental health support in the school system
- Links to employment supports

### **Government of Ontario Mental Health Services**

<http://www.children.gov.on.ca/htdocs/English/specialneeds/mentalhealth/index.aspx>

- Recognizing the signs
- Getting help – locator for mental health services
- Info for Kids, teens and youth – Kids Help Phone
- Videos
  - o “How to talk to teens about Mental Health”
  - o What’s normal teenage behaviour
  - o Spot the signs

## **LEARNING, DEVELOPMENTAL AND SOCIAL SKILLS RESOURCES**

### **Learning Disabilities Association of Ontario**

<http://www.ldao.ca/> and <https://www.ldathome.ca/>

With many chapters across Ontario, the LDAO offers resources local programs for individuals with LD and ADHD

- Online workshops
  - o IEP 101 for parents and students
  - o Setting up your child for success
  - o Learning styles and self-advocacy for adults
  - o Partnering with schools – effective parent advocacy
- Local programming (<https://www.ldathome.ca/>) – varies across LDAO Chapters, such as:
  - o Disability Tax Credit navigation
  - o Executive functioning tutoring
  - o Parent support group
  - o Youth Upwards program
  - o Social skills summer camp
  - o Keyboarding for Kids
  - o Young adults social group
  - o Adult EmployABLITY

## **CDC Child Development**

<https://www.cdc.gov/ncbddd/childdevelopment/index.html>

- Developmental milestones checklists for early childhood (0-5)
- <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>
- Positive parenting tips  
<https://www.cdc.gov/ncbddd/childdevelopment/freematerials.html>

## **LDOnline**

<http://www.ldonline.org/>

- Practical articles about LD, ADHD and social skills across the lifespan
  - o Children
    - Behaviour & social skills
    - Classroom management
    - Accommodations and modifications – IEP
    - Assistive technologies
  - o Teenagers
    - Self esteem and stress management
    - College prep
    - Study skills
    - Parenting teens with LD
    - Self-advocacy
    - Online safety
  - o Young Adults
    - School to work transition
    - ADHD resources
    - Accommodations in the workplace
    - Social skills for adults
- Educational Videos
- Guidelines for teachers / classroom

## **ABA Educational Resources**

<https://www.abaresources.com/social-stories/>

- A collection of free social stories\*
- Picture activity schedule boards
- Autism and employment resources

## **AndNextComesL**

<https://www.andnextcomesl.com/p/printable-social-stories.html>

Resources on hyperlexia and autism

- Printable social stories\*
- Social skills resources
- Tools for emotional self-regulation – “calm down” kits
- Tools to help with anxiety

## **\*Social stories**

- Social Stories™ are effective methods to provide guidance and directions for responding to various types of social situations. The stories are used to describe social situations specific to individuals and circumstances while promoting self-awareness, self-calming, and self-management. Social Stories™ are not meant to change behavior; rather, they are meant to clarify social expectations. They may use images or words to present the situation.
- Printable social scripts

*This resource list was compiled for 22qfamilies.org by  
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