### Child & Youth Mental Health and Addictions



Reach out for support hamilton.ca/CYmentalhealth



#### **Access to Mental Health Services**

 Many families may be looking for mental health support to help children and youth cope during COVID-19. Visit <u>www.hamilton.ca/CYmentalhealth</u> to find the service in Hamilton that fits your needs

# Noticing mental health concerns & reaching out/seeking support

 Have you noticed changes in your child's thoughts and feelings? Are you worried about them? If you are not sure if your child or youth needs mental health services, talk to someone who can help: <u>www.hamilton.ca/CYmentalhealth</u>

## How to support your family's mental health



Listen to your

child's questions

and concerns.



Validate and

support your

child in a



Be patient with

yourself and your child.

Know that it is normal

to have many emotions.



to focus on

what is within their control.





at home that includes

time for fun.



Stay connected people in your child's life.

#### hamilton.ca/CYmentalhealth





#### How to support your family's mental health - tips

Parenting is not easy during COVID-19. For mental health services and tips visit www.hamilton.ca/CYmentalhealth

There is help for alcohol and drug use during COVID-19



hamilton.ca/CYmentalhealth





#### Help for alcohol and drug use

 COVID-19 has increased stress and worry for many children, youth and families. For some people, this may lead to new or increased use of alcohol or drugs to cope. It could be a sign that support is needed. For resources and services visit <u>www.hamilton.ca/CYmentalhealth</u>

#### <u>Substance Use</u> (same as above – for parents/caregivers)

 COVID-19 has increased stress and worry for many children, youth and families. For some people, this may lead to new or increased use of alcohol or drugs to cope. It could be a sign that support is needed. For resources and services visit <u>www.hamilton.ca/CYmentalhealth</u>

**Find mental health services in Hamilton** for youth under 18 years of age

hamilton.ca/CYmentalhealth

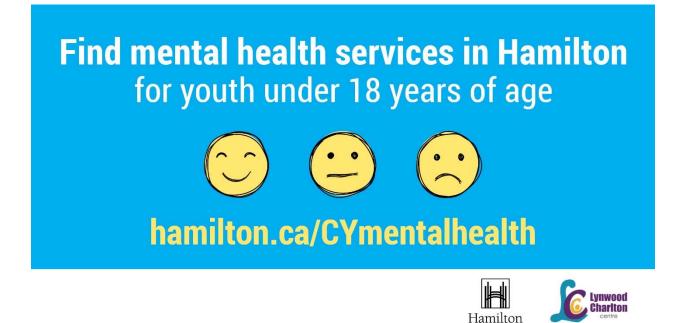






## Access to Mental Health Services -For Youth under 18 years of age

Are you looking for mental health support to help you cope during COVID-19? Visit <u>www.hamilton.ca/CYmentalhealth</u> to find services in Hamilton that fit your needs.



#### <u>Recognizing mental health concerns & reaching out/seeking</u> <u>support</u>

• Are you struggling with your thoughts and feelings these days? If you're looking for mental health services, talk to someone who can help: <a href="http://www.hamilton.ca/CYmentalhealth">www.hamilton.ca/CYmentalhealth</a>

## How to take care of your mental health







It is normal to have many

Notice some of the positive things around you during COVID-19





time for things

that you enjoy



Stay connected with important

emotions during this time

people in your life

#### hamilton.ca/CYmentalhealth





#### How to support your mental health

• Do you have guestions or worries because of COVID-19? For more resources to support you and your family's mental health, visit www.hamilton.ca/CYmentalhealth