

Child & Youth Mental Health and Addictions



**Worried about
your child's
mental health
during COVID-19?**

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 www.hamilton.ca/CYmentalhealth 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: www.hamilton.ca/CYmentalhealth

How to support your family's mental health



Listen to your child's questions and concerns.



Validate and support your child in a calm manner.



Be patient with yourself and your child. Know that it is normal to have many emotions.



Help your child to focus on what is within their control.



Have a routine at home that includes time for fun.



Stay connected with important people in your child's life.

[hamilton.ca/CYmentalhealth](https://www.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](https://www.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 www.hamilton.ca/CYmentalhealth

Substance Use

(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 www.hamilton.ca/CYmentalhealth

**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 www.hamilton.ca/CYmentalhealth to find services in Hamilton that fit your needs.

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



hamilton.ca/CYmentalhealth



Recognizing mental health concerns & reaching out/seeking support

- Are you struggling with your thoughts and feelings these days? If you're looking for mental health services, talk to someone who can help: www.hamilton.ca/CYmentalhealth

How to take care of your mental health



Listen to how you are feeling and talk with your family or friends



It is normal to have many emotions during this time



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



Focus on what is in your control



Have a routine that includes time for things that you enjoy



Stay connected with important people in your life

[hamilton.ca/CYmentalhealth](https://www.hamilton.ca/CYmentalhealth)



How to support your mental health

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