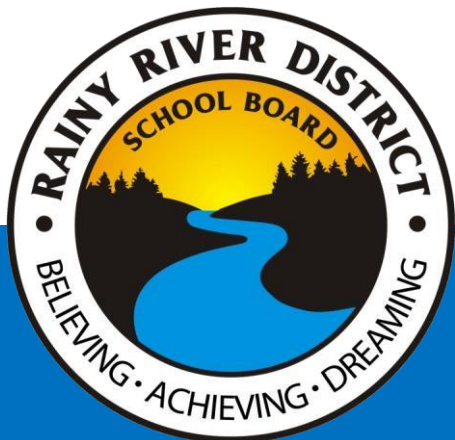


Mental Health Resources for Children, Youth, and Families



Directory Updated May 2021

This document provides information about local mental health services for **children, youth, and adults** in the Rainy River District

Emergencies

911 or your local number

Child and Youth Suicide Risk Assessments

Kenora Rainy River Districts Child and Family Services at 1-866-646-6616 *available 24 hrs.

Weechi-it-te-win Family Services at (807) 274-3201 or toll free 1-800-465-2911
*available Monday-Friday 9:00am-5:00pm

Access to Child and Youth Mental Health Programs

FIREFLY 1-800-465-7764

Fort Frances: (807) 274-7787 Atikokan: (807) 597-2700

Weechi-it-te-win Family Services at (807) 274-3201 or toll free 1-800-465-2911
*additional option for FNMI students

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EMERGENCY AND NON-EMERGENCY CONTACTS

Emergency

Ambulance, Fire, Police 911

Non-Emergency Situations

Ontario Provincial Police 1-888-310-1122

Treaty Three Police (Fort Frances) 807-274-1565

Ontario Poison Centre 1-800-268-9017

Telehealth Ontario 1-866-797-0000

Helplines

Kids Help Phone 1-800-668-6868

Text CONNECT to 686868
Confidential, Free, Available 24 hours a day, Seven Days a Week

Lesbian, Gay, Bi, Trans Youth Line 1-800-268-9688

Confidential, Free, and Non-Judgmental Peer Support Sun.-Fri. 4:00 PM to 9:30 PM

Crisis Response Services Kenora Rainy River District Crisis Line 1-866-888-8988

ConnexOntario 1-866-531-2600

Helpline for Mental Health, Drug and Alcohol, and Problem Gambling

Assaulted Women's Helpline 1-866-863-0511

24/7 Crisis Support in over 154 Languages, Anonymous, Confidential, Free

Victim Support Line..... 1-888-579-2888

Talk4Healing 1-855-554-HEAL

For Indigenous women available in 14 languages all across Ontario

Bounce Back 1-866-345-0224

Distress Centres and Services

Crisis Response Services Kenora Rainy River District Crisis Line 1-866-888-8988

Kenora-Rainy River District Child and Family Services 1-800-465-1100

Call to report Child Abuse or Concerns

Rainy River District Shelter of Hope (Atikokan Crisis Centre) 1-800-465-3348

Suicide Prevention Line 1-800-273-8255

HOSPITALS AND HEALTH CARE

Atikokan General Hospital 807-597-4215

120 Dorothy Street
Atikokan, ON
P0T 1C0

Riverside Health Care 807-274-3261 ext. 5500

Box 390
170 Front Street
Emo, ON
P0W 1E0

Fort Frances Tribal Area Health Services 807-274-2042

Administrative and Health Services	Behavioral Health Services Counselling & Treatment Team
1460 Idylwild Drive	601 Kings Hwy
Fort Frances, ON	Fort Frances, ON
P9A 2X1	P9A 2X1

La Verendrye Hospital 807-274-3261

110 Victoria Avenue
Fort Frances, ON
P9A 2B7

Rainy River Health Centre 807-274-3261 ext. 6500

115 Fourth Street
Rainy River, ON
P0W 1L0

Northwestern Health Unit

Atikokan 807-597-6871

115 Main Street
Atikokan, ON
P0T 1C0

Emo 807-482-2211

76 Front Street
Emo, ON
P0W 1E0

Fort Frances 807-274-9827

396 Scott Street
Fort Frances, ON
P9A 1G9

Rainy River 807-852-3268

210 Atwood Avenue
Rainy River, ON
P0W 1L0

Atikokan Family Health Team 807-597-2721

123 Marks Street
Atikokan, ON
P0T 1C0

Clinic 807-597-8781

101 Zuke Road
Atikokan, ON
P0T 1C0

Fort Frances Family Health Team 807-274-7741 ext. 1

301 Victoria Avenue
Fort Frances, ON
P9A 2C1

Big Grassy Medical Centre (Esiniweb Health Centre) 807-488-5457

Toll Free: 1-888-424-9060

Box 425
509 Beach Road
Morson, ON
P0W 1J0

Big Island Health Centre 807-488-5602

Toll Free: 1-888-238-0102

Box 335
Morson, ON
P0W 1J0

Northwest Community Care Access Centre 807-274-8561

110 Victoria Avenue
Fort Frances, ON
P9A 2B7

Health Care Connect.....1-800-445-1822

www.ontario.ca/healthcareconnect

“Helping you find a family health care provider”

MENTAL HEALTH, ADDICTIONS, AND COMMUNITY SERVICES RAINY RIVER DISTRICT

Atikokan Community Counselling Services 807-597-2724

123 Marks Street
Atikokan, ON
P0T 1C0

Service for 16 years+

Programs/Services Include:

- **Intensive Case Management** (assisting adults living with chronic and severe mental illness achieve and maintain a satisfying and meaningful life within their own community)
- **Addictions** (assessments and referrals to residential treatment; community-based treatment; pre-treatment; after care; relapse prevention)
- **Gambling** (assessments with persons 12 years of age and up; educational programs; support; treatment; relapse prevention; public relations in community; financial planning/budgeting and referrals)
- **Mental Health** (provide services to persons 16 years of age and older suffering from serious mental illness including assistance with relationship issues; stress management; anger management; determining priorities and addressing trauma)
- **Older Adults** (assistance for individuals 60 years of age and older with a dementia or serious mental illness)
- **Supportive Housing** (assistance for those who are homeless/at risk of homelessness and have a mental health problem)

Atikokan Family Health Team 807-597-2721

123 Marks Street
Atikokan, ON P0T 1C0
www.atikokanfht.com

Service for All Ages

Mental Health Program:

- individual counselling sessions for those referred by a doctor or nurse
- groups covering a variety of mental health issues
- stress management based on mindfulness practice
- connecting patients with other services and health care providers
- evening clinics every second week from 5-8pm
- Please call 597-8781 for more information on any of our mental health programs

Atikokan Native Friendship Centre.....807-597-1213

PO Box 1510
309 Main West
Atikokan, ON
P0T 1C0

Service for All Ages

Aboriginal Healing and Wellness Program:

- provides information to raise awareness of family violence and strategies to stop it
- provides support in obtaining equitable access to primary health and healing services and programs
- facilitates group talking circles to promote inner healing
- offers individual peer counselling
- provides advocacy between individual and organizations and agencies
- hosts traditional gatherings including traditional teachings and feasts
- supervises and plans sewing circles

Canadian Mental Health Association - Fort Frances 807-274-2347

(District offices in Dryden, Kenora, Red Lake, Sioux Lookout and Atikokan)

612 Portage Avenue
Fort Frances,
ON P9A 3M8
www.cmhaff.ca

Service for 18yrs+

Programs/Services Include:

- **District Peer Support** (services provided by someone who has experienced a mental illness and is knowledgeable of mental health and social services)
- **Case Management** (develop an individualized service plan to assist persons in developing the skills and supports necessary to maintain a level of independence in the community)
- **Court Diversion and Support** (offers court support and diversion services to individuals experiencing mental health issues who come in contact with the Criminal Justice System)
- **District Mental Health Service for Older Adults** (specialized community-based geriatric services for seniors that are 60 years of age and older with a dementia or other serious mental illness)
- **Education** (assists services and groups in our community to understand the issues that people with mental illness face and to learn ways to support people with a mental illness)
- **Housing** (people 18 years+ homeless/at risk of homelessness and have an on-going mental health disability or are assessed as in recovery from an addiction)
- **Psychogeriatric Resource Consultant** (Long Term Care Homes and Community Support Agencies who serve people with dementia, mental illness, or other complex needs)
- **Peer Support Drop-In Centre** (available in Fort Frances, Kenora, Dryden & Red Lake)

Confederation College Counselling Services..... 807-475-6618
Toll Free: 1-800-465-5493

440 McIrvine Road
Fort Frances, ON P9A
3T8

www.confederationc.on.ca/fortfrances

Service for Students of Confederation College

Programs/Services Include:

- Career Exploration
- Academic Advisement & Academic Dispute Resolution
- Personal Counselling & Mental Health Screenings

Crisis Response Services Kenora Rainy River District1-866-888-8988

PO Box 3003
Dryden, ON
P8N 2Z6

www.crisisresponseservices.com

Crisis Response Services provides a range of programs to assist people 16 years and older with mental health and addictions concerns in the Kenora Rainy River District.

Programs/Services Include:

- **Crisis Line**
 - Staffed by professionals 24/7/365
 - Toll-free and confidential
 - Crisis prevention and intervention, information, referrals, and support offered to callers in crisis, family members and service providers
- **Community Mobile Support**
 - Professionals who respond in-person, facilitate effective problem solving and decision making, and often refer individuals to resources for follow-up within the community
 - Fort Frances, Kenora, Red Lake and their surrounding areas: available Monday – Friday, 5 pm to 8 am, and on a 24-hour basis on weekends.
 - Dryden, community mobile support is available on a 24-hour basis
- **Information and Referrals**
 - Provides information and referrals for individuals in crisis, family and friends, and service provider
 - Follow-up with agencies and services such as counselling, case management and medical intervention based on the needs of each individual, as well as the options available in the individual’s community and the District

- **Integrated Community Stabilization Unit**

- **Safe and Crisis Bed Services**

- Short-term residential accommodation for individuals who do not require hospitalization and who meet one or more of the following criteria: experiencing a mental health crisis; have a mental health illness and require short-term housing; require respite services due to mental illness
- transportation provided if needed

- **Withdrawal Management Services**

- Non-medical residential withdrawal management services (assessments, screenings, crisis intervention, treatment planning, relapse prevention, peer support, referrals & education) for individuals with substance use issues
- transportation provided if needed

- **Residential Addictions Treatment**

- 8-week skills-based treatment program
- both in-house and day services available
- transportation provided if needed

Fort Frances Family Health Team 807-274-7741 ext. 1

301 Victoria Avenue

Fort Frances, ON

P9A 2C1

Service for All Ages

Programs/Services Include:

- **children and youth mental health counselling. Individual counselling and community outreach programs, such as the Dressing Room Project**
- **access to youth mental health counselling is by self or provider referral**

Atikokan
P.O. Box 2309, 211 Main Street
Atikokan, ON
P0T 1C0
807-597-4528

Fort Frances
Ste. 201, 240 First Street East
Fort Frances, ON
P9A 1K5
807-274-7787

www.fireflynw.ca

Service Description:

Access Services processes referrals for a wide range of voluntary children’s services throughout the Kenora and Rainy River Districts. Case management and service coordination is also provided for high needs and complex special needs children and youth under the ages of eighteen years.

Programs/Services Include:

- **Autism** (professional assessment, intervention, and/or treatment for children and youth under the age of 18 years, who have a diagnosis of Autism Spectrum Disorder, Autistic Disorder, Pervasive Developmental Disorder or Asperger’s Disorder)
- **Child Development** (service for families with children and youth aged 7-18 years who have been diagnosed with a developmental delay, disability, or are at risk of developmental disability)
- **Youth Justice Services** (services include a variety of cognitive based, behavioural interventions provided on an individual, family, and/or group basis for youth who are aged 12-17 years at the time they were involved in a crime)
- **Child & Family Intervention** (counselling interventions may be provided through individual, family, group, and parent focused education sessions for families with children and youth who are experiencing social, emotional, or behavioural difficulties)
- **Infant & Child Development Services** (services for families with infants and children, aged 0-6, who have a developmental delay, disability, or children who may be at risk for developmental delay)
- **Prevention** (educational programs and training as a community support service)
- **SNAP** (Stop Now And Plan-program is tailored to boys and girls ages 6-11 years and their families, and teaches impulse control, emotion regulation, and problem-solving skills)
- **Tele Mental Health** (provision of psychiatric consultation via interactive video link with the Division of Child Psychiatry, University of Toronto)
- **Treatment Foster Care** (support and education to families whose home is designed as a treatment foster home, ideally for children under the age of 12 years at the time of admission, whose needs are beyond the scope of regular foster care)
- **Youth Mental Health Court Worker Program** (alternative to the court process for youth who have been identified with mental issues)
- **Youth Justice Committee** (alternative to the formal court processes for youth people in trouble with the law)
- **Residential Placement Advisory Committee** (reviews placements of all children or youth living in a facility of 10 or more beds for a period 90 days or greater or for any child 12+ who objects to their placement)

Gizhewaadiziwin Health Access Centre (Couchiching) 807-274-3131

1460 Idylwild Drive
Fort Frances, ON
P9A 3M3
www.gizhac.com

Service Description:

The Gizhewaadiziwin Access Centre is dedicated to providing equal access to quality health care for all Aboriginal people within the Rainy River District. Our services include culturally appropriate primary health care delivered through our clinic and community outreach services.

Programs/Services Include:

Primary Care, Clinical Services, Dietician/Nutrition Services, Ojibway Medical Translator Program, Traditional Healing Program, Aboriginal FASD & Child Nutrition Program, **Mental Health Program**, Health Education Program, Asthma Plan of Action Program, Diabetes Educator, Diabetes Foot Care, Right to Play – Play for Diabetes Prevention Program.

Mental Health Program:

Services offered include the following:

- Individual and Family Counseling
- Group Counseling
- Workshops/Presentations
- Prevention Groups
- Suicide Intervention Services
- Substance Abuse Counseling
- Family Violence Counseling
- Grief Counseling
- Family Support Counseling
- Parent/Child Conflict Counseling
- Teen Issues Counseling (Violence, Peer Pressure)

Kenora Rainy River Districts Child and Family Services 1-866-646-6616
24 hours: 1-800-465-1100

Atikokan
211 Main Street West
Atikokan, ON
P0T 1C0
807-597-4528

Fort Frances/Rainy River
240 First Street East
Fort Frances, ON
P9A 1K5
807-274-7787

www.krrcfs.ca

Service Description:

Service for 0-18yrs
Free of Charge

Our trained and dedicated staff work together to provide assessment and treatment services for children, youth, and families. Where appropriate, our services are supplemented with support services, which may include psychology and telepsychiatry consultations. We are part of the TeleLink Mental Health Program and can access psychiatric services when needed.

We assist children, adolescents and their families who may be experiencing emotional, social and/or psychological problems at home, school or in the community. We can help with a wide range of difficulties from mild adjustment reactions to severe psychiatric problems in children ranging in age from birth to 18 years of age.

Assistance can be provided with a wide range of concerns, including but not limited to self-regulation, attachment, bullying, communication skills, family functioning, loss, separation/divorce, relationships, sexual abuse victimization and social skills.

Services provided are tailored to the needs of each client and may include:

- Individual, family and group counselling and therapy
- Treatment groups
- Psychological assessments
- Treatment planning
- Crisis Services (24 hours a day)
- Support & assistance with parenting
- Public Education
- Training
- Consultation

*Referrals for service are received through the Central Access Mechanism (FIREFLY) located in the KRRCFS offices in Fort Frances and Atikokan. **1-833-696-5437**

Rainy River District Victim Services Program.....807-274-5687

Toll Free: 1-866-484-5687

334 Scott Street
Box 683
Fort Frances,
ON P9A 3M9
www.rrdvsp.ca

Programs/Services Include:

- Emotional support
- Practical assistance
 - Accompany victims at the hospital, at home, or at the home of a friend or family member
 - Assisting with assorted tasks that may include but are not limited to making a safety plan, packing a bag, preparing a list of stolen or broken property, doing a home safety check etc.
 - Transporting to a hospital, their home or that of family or a friend, or arranging for transport to an emergency shelter
- Referral Assistance
- Sexual Assault Counselling
- Victim Quick Response Program (VQRP)

Rainy River District Women’s Shelter of Hope.....807-597-2868

Toll Free: 1-800-465-3348

Crisis Line: 807-597-6908

Box 818
Atikokan, ON
P0T 1C0
www.womensshelterofhope.org

Service Description:

Service for women 16yrs+ who have been physically, sexually, financially, or emotionally abused and their children.

Programs/Services Include:

- Access to donations room for clothing
- Childcare (limited) for 2nd Stage residents
- Counselling
- Food
- Advocacy and support for family law appointments via video conference

- **Child Witness Program**
 - Open to any child in the Rainy River District who has witnessed abuse
 - Offers a therapeutic program
 - Hosts program in neutral settings such as schools
 - Educates mothers about the harmful effects of abuse on children
 - Teaches mothers skills to help their children during the healing process
 - Program length varies, up to 12 weeks

- **Outreach Services**
 - Outreach office in Fort Frances located in the downstairs portion of Family and Children’s Services at 240 First St. E.
 - Helps individuals understand options to assist in making life choices
 - Offers assistance in accessing housing, legal, and other community services
 - Offers individual counselling

Riverside Community Counselling.....807-274-4807

Fort Frances Office
 206 Victoria Avenue
 Fort Frances, ON
 P9A 2B7
 807-274-4807 ext. 1

Emo Office
 260 Front Street
 Emo, ON
 POW 1E0
 807-274-4807 ext. 2

Rainy River Office
 115 Fourth Street
 Rainy River, ON
 POW 1L0
 807-274-4807 ext. 3

Mailing Address
 110 Victoria Avenue
 Fort Frances, ON
 P9A 2B7

Service Description:

Service for 18years+
 *May take referrals for under 18 years in certain circumstances.

Programs/Services Include:

- Addictions and problem gambling
- Family violence and trauma
- Mental health
- Marital and family counselling

United Native Friendship Centre – Fort Frances.....807-274-8541

Toll Free: 1-877-496-9034

Main Building
PO Box 752
516 Portage Avenue
Fort Frances, ON
P9A 3N1

Circle of Life Centre
616 Mowat Avenue
Fort Frances, ON
P9A 3N1

www.unfc.org

Service Description:

Service for All Ages

Programs/Services Include:

Youth justice program, Aboriginal healing and wellness program, Wasa-Nabin program, urban Aboriginal youth centre, Wiinisidotam adult literacy program, Aboriginal drug & alcohol program, Apatisiwin employment services, Aboriginal family support program, Native combined court work programs, Aboriginal healthy babies, Aboriginal prenatal nutrition, Aboriginal lifelong care, Aboriginal head start, Native alternative education program, homelessness outreach program, Akwe:go program, urban Aboriginal healthy living program for kids, and **children’s mental health program**.

Children’s Mental Health Program Aim: To ensure that “at risk” and “high-risk” children, youth and their families that require supportive mental health resources have access to culturally sensitive, healthy and/or holistic healing activities and services.

Children’s Mental Health Program: Provides services and support to children (ages 7-15) and their families that address behavioural and mental health needs. The program offers a “wraparound” approach to provide services that build community-based relationships and support networks between the children and their families, teachers, and other caregivers.

Highlights Include:

- Referrals to Tele-Mental Health Telepsychiatry
- Intake & assessments
- Peer counselling to assist with coping strategies
- Therapeutic group services such as children’s circles, healing circles
- Safety planning
- Service navigation
- Crisis intervention
- Advocacy
- Referrals to appropriate needs of family and children
- Public education on violence, addictions, and mental health
- Community and cultural events
- Open traditional ceremonies

Weechi-it-te-win Family Services.....807-274-3201

Toll Free: 1-800-465-2911

PO Box 812
Fort Frances,
ON P9A 3N1
www.weechi.ca

Service Description:

Services provided by Weechi-it-te-win Family Services include childcare, alternative care, family preservation, **children’s mental health**, capacity building, and cultural support. These services are available to members of the 10 (ten) First Nations residing in the Kenora/Rainy River District in Northwestern, Ontario. In accordance with the original vision of our founding fathers, Weechi-it-te-win’s child welfare and family preservation funding has been devolved to each of our ten (10) First Nations and as such these services are delivered at the community, by the community.

It is also our sacred responsibility to repatriate children who have been brought into care outside of Weechi-it-te-win’s jurisdiction and reunite them with their families, communities, and culture.

Mental Health Related Programs/Services Include:

- **Telemental Health Program**
 - specialized mental health consults to children and youth using videoconferencing on the Ontario Telemedicine Network and Keewaytinook Okimakanak eHealth
 - connect children and youth to a specialist from either of the three Hubs: The Hospital for Sick Children, the Children’s Hospital of Eastern Ontario, or the Child and Parent Resource Institute (CPRI)

- **Youth in Transition Program**
 - individual ongoing support to children in care or youth who are on extended care maintenance ages 14-25
 - provide further support to our youth as they make a successful transition out of the child welfare system into adulthood
 - includes prevention and skill building programs as well as educational programs that increase knowledge of system navigation
 - Life Skills Programs that support living independently
 - Housing Access Support
 - Educational Planning and Support
 - Employment Training and Resume Development
 - Job Readiness Workshops
 - We offer specialized training programs that include training stipends
 - Cultural programs that support individual wellness
 - Introduction to Trade Skills

- **Children’s Mental Health Program**
 - provides quick access to brief interventions (1-12 sessions), support and services for children and youth 0-18
 - delivered through group-based interventions, prevention programming, and brief interventions and/or therapy services to children and families in need of immediate support.
 - specialized programming in the areas of child development, personal safety, sexual abuse prevention, domestic violence intervention, bullying, suicide prevention and intervention and self- esteem
 - additional programming is available in the areas of traditional child rearing, parenting/parent support, coping and healthy relationship skills, as well as, play-based activities to promote parent and child engagement and attachment, child development support and grief recovery programs

- **WFS Main Office Family Counselling Unit**
 - provide intensive brief counselling and/or services to children with multiple and/or complex needs and their families
 - children in care that are currently presenting a need for treatment can also be referred to WFS Family Counsellors
 - will respond to any youth in the Rainy River District school system that are presenting with suicide risk
 - may at times provide group and/or family-based programs that can be accessed by Community Care Program or families

- **Ganawendaasowin Programs**
 - A continuum of care beginning with pre-treatment, assessment, and stabilization for adolescents ages 12 to 17 who are experiencing problems with substance abuse, mental health, or behavioral concerns
 - The Ganawendaasowin Assessment Program is a 3 bed – 30-day stabilization unit located at 601 Victoria Avenue in Fort Frances
 - The Ganawendaasowin Treatment Program GTP is a 9 bed – 90-day treatment programming for youth located at 71 McTavish Road, 6 miles west of Fort Frances.

MENTAL HEALTH AND ADDICTION SERVICES SERVING THE RAINY RIVER DISTRICT BASED IN THUNDER BAY

Canadian Mental Health Association – Thunder Bay

First Place Clinic and Regional Resource Centre.....807-345-0060

28 Cumberland Street N. Suite 100

Thunder Bay, ON

P7A 4K9

www.thunderbay.cmha.ca/programs_services/firstplace/

Service for 14-35years

Program/Service Description:

- a specialized service that offers community-based consultation and treatment for individuals who are experiencing a first episode of psychosis
- early intervention of psychosis involves detection, sustained treatment with education, and relapse prevention

Thunder Bay Regional Health Sciences Centre

Child and Adolescent Mental Health Unit.....807-684-6525

Main Hospital Switchboard: 807-684-6000

980 Oliver Road

Thunder Bay,

ON P7B 6V4

www.tbrhsc.net

Program/Service Description:

- 8 bed unit designed to meet the needs of youth with mental health issues that require emergency care
- a safe and therapeutic environment for youth, offering an assessment, stabilization, and brief treatment (typically three to five days in length)
- crisis and elective assessment admissions to the unit are through the Emergency Department at the Health Sciences Centre or a regional hospital for those living outside of Thunder Bay

Programs/Services Include:

- Stabilization
- Clarification of diagnosis
- Medication review and education
- Education for youth and families about mental health problems, treatment, and management
- Development of a safety plan
- Crisis intervention session for parents/guardian
- Referrals to community service providers
- Discharge planning with the patient, guardian, and service providers

RAINY RIVER DISTRICT SCHOOL BOARD SCHOOL SUPPORT SERVICES COUNSELLING PROGRAM

Program/Service Description:

The Rainy River District School Board's School Support Services Counselling Program provides free and confidential mental health and wellness support to students across the district. A primary goal of the program is to connect students quickly to mental health supports when they need them. Students can meet with a Clinician at school or outside of school for up to 10 sessions. Clinicians work collaboratively as part of an interdisciplinary team to support system wide supports for mental health and well-being, including consultation with the RRDSB Mental Health Leader regarding tools and resources required within the schools to assist in this work. Each school will have a specific clinician assigned throughout the school year to work in collaboration with the current supports in place.

If students need ongoing support beyond those sessions, the Clinician supports the student in transitioning over to a community service provider. Depending upon the needs of the student, the Clinician may connect with the school and/or home before making an appointment to meet with the student.

How to Access the School Support Services Counselling Program

School Support Services Clinician can be accessed by student, parent/guardian, or school staff request. This means that a student can talk to their parent/guardian or any teacher, guidance clinician, vice principal or principal to get help setting up counselling. A referral will need to be submitted and approved by the school principal, however, the clinician assigned to the school may start services as soon as the student is identified.

What to Expect

Students can expect to be treated with respect and to be included in the treatment planning process. Seeing the Clinician is voluntary, and the student has the right to discontinue services at any time. When appropriate, the Clinician may request the involvement of the child or youth's parent/guardian.

Consent

Students over the age of 12 are permitted to sign their own consent for service. Clinicians will contact the parent/guardian of any student under 12 via telephone for verbal consent. If the parent/guardian cannot be reached by telephone, a consent form can be sent home with the student.

Confidentiality

The counsellor will maintain confidentiality which means personal information, like the things a student tells the Clinician, will be protected, kept private, and not shared without permission.

There are two exceptions:

1. When consent (permission) is given by the client to share information. The client will have the right to inform the Clinician of what information can be shared, who they can share it with, and how that information can be used.
2. Situations where the law says that the Clinician must share the information. These situations include when the counsellor believes that the child or youth may hurt themselves or someone else, if child abuse or neglect is suspected, or if the courts order the counsellor to release the information.

Clinicians can offer:

- Individual counselling sessions (to a maximum of 10 sessions) & walk-in brief services
- Small group sessions for specific mental health concerns
- Classroom presentations
- Collaboration with educators and school staff to meet the mental health and wellness needs of children and youth
- Supportive interventions with students that have behavioural challenges
- Supports for any students on long-term suspensions or exclusions

If you have any questions about the School Support Services Counselling Program please contact your school administration team.

MENTAL HEALTH AND WELLNESS WEBSITES

School Mental Health Ontario.....	www.smho-smsso.ca
ABCs of Mental Health	www.sickkidscmh.ca/ABC/Welcome
Anxiety Canada	www.anxietycanada.com
Canadian Association for Suicide Prevention	www.suicideprevention.ca
Canadian Mental Health Association	www.cmha.ca
Centre for Addiction and Mental Health	www.camh.ca
Children’s Mental Health Ontario	www.kidsmentalhealth.ca
Early Psychosis Intervention	www.earlypsychosis.ca
Family Smart for Child and Youth Mental Health	www.familysmart.ca
Kids Help Phone	www.kidshelphone.ca
Mind Your Mind	www.mindyourmind.ca
Ontario Centre of Excellence for Child & Youth Mental Health	www.excellenceforchildandyouth.ca
Parents for Children’s Mental Health	www.pcmh.ca
The Big White Wall	www.bigwhitewall.ca
Child Mind Institute	www.childmind.org
Teen Mental Health	www.teenmentalhealth.org
Your Life Counts	www.yourlifecounts.org
Starling Minds	www.starlingminds.com
ConnexOntario	www.connexontario.ca