

Support for students and families

My child is very worried about the impact of COVID-19 in our community. What can I do to help my child? What mental health supports are available to me and my child/teen?

[School Mental Health Ontario](#) has shared [resources online](#) that we can use to support student mental health during this challenging time. The Centre for Addiction and Mental Health (CAMH) has also shared information on how to talk to children and adolescents about COVID-19. Mental health resources for adults are also available on the [CAMH website](#).

Support is available in Simcoe County.

24-hour Simcoe County mental health crisis line: 1-888-893-8333 or 705-728-5044

Canadian Mental Health Association: 1-800-461-4319

Kids Help Phone: CHAT: <https://kidshelpphone.ca/>

TEXT: Text CONNECT to 686868

Telephone: 1-800-668-6868

Kinark: 1-888-454-6275

Mobile Crisis Line: 1-888-893-8333 or 1-855-310 COPE (2673)

Newpath: 705-725-7656 or 1-866-566-7656

Available via telephone and a counsellor will contact you to book an appointment by telephone. If the student is a current client, they can call their counsellor to book their next appointment.

Access the 211 directory by phone (dial 2-1-1) or at www.211ontario.ca/ for information on community resources related to a specific concern