



# Mental Health Supports for Caregivers

## How do I know if a youth that I care for may be Depressed?

The main symptom of depression is a despairing and/or irritable mood that:

- is present daily
- lasts longer than 2 weeks
- impacts performance at school or work
- interferes with your enjoyment of life or your ability to function

Depression can range from mild to severe depending on your symptoms. Other possible symptoms include:

- feeling hopeless and worthless
- sleep problems
- loss of pleasure/interest in usual activities
- changes in appetite and weight
- loss of energy
- feeling irritable
- withdrawal from family and friends
- alcohol or substance abuse
- reckless behaviour
- thoughts about death or suicide

Info courtesy of YouthNet (CHEO), 2011

## Don't go it alone! Reach out and get professional help

**Is a Youth you care for in Crisis?  
A crisis is when you or they need urgent help and support.  
If an adolescent in your care is experiencing a Mental Health Crisis:**

- 1) Take them directly to Emergency at CHEO
- 2) Call the Child, Youth and Family Crisis Line Mobile team,  
[www.icrs.ca](http://www.icrs.ca) 613-260-2360 or 1-877-377-7775
- 3) Call 911

## Help a young person to source some Counseling Your Family Doctor should also be able to refer you

<b>Youth Mental Health Walk-In Clinic</b>	613-562-3004
Short term, free and immediate counseling Every Tues. & Thurs. from 12-8pm (last appointment at 6pm) 2301 Carling Avenue (2nd Floor) - <a href="mailto:counseling@ysb.on.ca">counseling@ysb.on.ca</a>	
<b>Family Services Ottawa</b>	613-725-3601 x117
General Counselling Services, by appointment <a href="http://www.familyservicesottawa.org">www.familyservicesottawa.org</a>	
<b>Community Information Centre of Ottawa</b>	613-241-4636
e-Blue Book, Local Organization/Program Search <a href="http://www.ottawa.cioc.ca">www.ottawa.cioc.ca</a>	
<b>211 Ontario</b>	Dial 211 for free
211 Helps people find the right local services <a href="http://www.211Ontario.ca">www.211Ontario.ca</a>	
<b>Psychology Today</b>	<a href="http://www.psychologytoday.com">www.psychologytoday.com</a>
Choose "Find a Therapist", and "Adolescent"	
<b>Ottawa Academy of Psychologists</b>	<a href="http://www.ottawa-psychologists.org">www.ottawa-psychologists.org</a>
Online Directory Choose "Adolescent", under "Population Seen"	
<b>Ontario College of Physicians &amp; Surgeons</b>	<a href="http://www.cpso.on.ca">www.cpso.on.ca</a>
Doctor Search Choose "Specialist" under Physician type, then "Psychiatry", with CHEO as the preferred hospital	

**Here are some additional resources about Mental Health for your information. These are also listed at [www.odcsb.ca](http://www.odcsb.ca) under the heading “Community”**

[www.eMentalHealth.ca](http://www.eMentalHealth.ca) - An easy to navigate directory of hundreds of services and resources in the Ottawa area (services in other geographic areas are also accessible). Also features an extensive mental health library.

[www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca) - This is the Children's Mental Health Ontario site. They represent and support the providers of child and youth mental health treatment services throughout Ontario. The “For Parents and Families” section includes answers to frequently asked questions about seeking treatment.

[www.cmha.ca](http://www.cmha.ca) (national website) - The Canadian Mental Health Association, has national, provincial [www.ontario.cmha.ca](http://www.ontario.cmha.ca) and city-wide [www.cmhaottawa.ca](http://www.cmhaottawa.ca) sites. This organization develops and provides public policy advice that promotes mental health and improves the lives of people living with mental illness. These sites house an extensive set of fact sheets, including some specific to children, youth and parenting.

[www.camh.net](http://www.camh.net) -The Centre for Addiction and Mental Health site offers extensive resource materials for parents and families. There are online tutorials and podcasts on a range of topics relevant to families with teens here.

[www.CYMHIN.ca](http://www.CYMHIN.ca) - The Child and Youth Mental Health Information Network works collaboratively to produce and disseminate high-quality, evidence based information about child and youth mental health problems that informs and educates young people, their families, and mental health professionals.

[www.onthepoint.ca](http://www.onthepoint.ca) - This is the website of the Provincial Centre of Excellence for Child and Youth Mental Health. The Centre works to strengthen Ontario's mental health programs and services for all children, youth, their families and their caregivers.

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)—The Mental Health Commission of Canada is a non-profit organization created to focus national attention on mental health issues and to work to improve the health and social outcomes of people living with mental illness.

**Remember to look out for yourself—or it’s harder to help others!**

**Parents’ Lifeline of Eastern Ontario (PLEO)**  
www.pleo.on.ca

**613-321-3211**

**Royal Ottawa Mental Health Centre (ROMHC)**  
“Coping with Mental Illness”  
Family Information & Support Meetings

**613-722-6521x6421**

**Family Services Ottawa**  
Workshops on Parenting Teens,  
“Parenting Edge” Programs

**613-725-3601**

**Parents for Children’s Mental Health**  
(Toronto Based, Province-wide)

**www.pcmh.ca**



**How do I know if a youth I care for may need help with their Anxiety?**

Everybody gets worried and feels anxious from time to time. Just enough anxiety is helpful because it keeps us safe.

Anxiety becomes a problem when it:

- Governs your decisions
- Interferes with your life
- Causes distress

Symptoms of problematic anxiety can include:

- Constant worries accompanied by physical symptoms
- Out of the blue feelings of panic
- Repetitive thoughts or behaviours
- Extreme shyness

It is time to get help if your symptoms are:

- Going on for too long or happening too often
- Severe, unpleasant or out of proportion
- Causing you to worry that something is seriously wrong
- Preventing you from enjoying normal life experiences

Info from the Ontario Centre of Excellence for Child and Youth Mental Health, 2011