

In Spring 2024, we asked parents/ caregivers across Ontario to tell us how we can help them to support their child or youth's mental health.

**Over
3,400**

people told us they wanted information and strategies to promote mental health and well-being at home.

Together with partners from Children's Mental Health Ontario and School Mental Health Ontario, we're excited to share resources on a range of topics to help!

Check out Family Care Centre to find information on:

- Accessing mental health support
- Supporting your child receiving services
- Understanding and managing screen time
- How to support siblings
- Managing aggression at home
- Bullying and its impact
- Gender, sexuality and expression
- Understanding anxiety

Learn More

Visit By Your Side for topics such as:

- Understanding mental health
- Mental health at home
- Mental health at school
- Stress and anxiety management
- Substance use prevention
- Navigating digital technology use
- Reaching out for help

Learn More



Coalition for Children
AND Youth Mental Health
Let's put our heads together.

Coalition pour la santé mentale
des enfants et des adolescents
Réfléchissons ensemble.

The Ontario Coalition for Children and Youth Mental Health is a multi-sectoral network of provincial partners in education, mental health and addictions, health, public health, justice, community and social services, and research along with parents/caregivers and young people, working to ensure the best mental health and well-being for Ontario's children, young people and their families.



Come back often to view new webinars, videos and information sheets over time.