

CHILD & YOUTH: SELF HELP AND SUPPORT GROUPS

Association of Parent Support Groups in Ontario

Services: A self-help organization of parents of disruptive, or acting-out, youth ages 10 to 30.

Contact: 1-800-488-5666

www.apsqo.ca

BeanBag Chat (16-29 years)

Services: Offers free, safe, and engaging peer support and provides online mental health tools

<http://www.beanbagchat.ca/>

Big White Wall (16+)

Services: Free online mental health support network for those 16+ with mild to moderate mood and anxiety disorder symptoms. Individuals can anonymously seek help through others and also through 24/7 trained clinicians.

www.otn.ca/bigwhitewall

Bounce Back (15+)

Services: Free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.

<https://bouncebackontario.ca/>

CAMH Parenting Psychoed. Series

Services: Free education and support groups for families of people facing a range of mental health issues.

Contact: (416) 535-8501, press 2

https://www.camh.ca/en/your_care/programs-and-services/family_pschoeducation-series

Halton Families for Families

Services: The initiative is uniquely led by families – adults and youth, which ensures their voices are valued, heard and woven into the fabric of all activities and events, to improve the quality of life for families.

<https://www.haltonfamiliesforfamilies.com>

Families for Addiction Recovery

Services: Supports parents/caregivers of children struggling with addiction (regardless of age).

Contact: (855) 377-6677

www.farcana.org

Families for Families (FAME)

Services: Free monthly support groups across the GTA and Peel Region. These groups are for family members and caregivers who provide support to individuals experiencing a mental health concern. Groups are in a drop-in format.

Contact: 416-207-5032

<http://www.fameforfamilies.com/>

Maudsley Parents

Services: A volunteer organization of parents who have helped their children recover from eating disorders using an evidence-based, family-based treatment (FBT).

www.maudsleyparents.org

Mind Your Mind (14-29 years)

Services: Provides interactive tools and resources for youth to promote wellness, reduce the stigma around mental health, and increase access to community supports, both professional and peer-based.

www.mindyourmind.ca

Mood Disorders Association of Ontario

Services: Province-wide, free support programs for individuals, and their families, living with depression, anxiety or bipolar disorder.

Contact: 1-888-486-8236

www.mooddisorders.ca

NAMI Ontario

Services: A free, 12-week course is offered through various service agencies in 11 regions across the province.

Contact: (613) 737-7791

<http://www.f2fontario.ca>

ONE-LINK Peer Mentor (16+)

Services: Connect with someone who has experience with mild to moderate mental health concerns.

Contact: askapeer@haltonhealthcare.com

Referral: Self Referral or One-Link referral indicating “Peer Mentor”

<http://www.one-link.ca/peer-support-2>

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.

SUMMERVILLE

Family Health Team

Parents for Children's Mental Health

Services: Public education, support groups and peer-to-peer assistance for families of young people with mental disorders.

Contact: (416) 921-2109 x128

www.pcmh.ca

WheretoStart (EveryMind)

Services: Peel Region's access point for free and confidential mental health services for children, youth and families. Offering child and family-based counselling, assessments, workshops and programming.

Contact: 905-451-4655

<https://wheretostart.ca>

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.