

ONLINE RESOURCE HUB

ONLINE RESOURCES

Daily Tips for parents: <https://childmind.org/>

CAMH: <http://www.camh.ca/covid19>

Positive Psychology Kit: <https://positivepsychology.com/the-crisis-kit/>

310 COPE: <https://www.yssn.ca/310-COPE>

Mind your Mind Online Support: <https://mindyourmind.ca/>

York Support Services Network offers the Community Crisis Response Service for persons living in York Region or South Simcoe who are having a mental health crisis, and their family or friends. By calling our toll free number 1-855-310-COPE (2673) or (TTY) 1-866-323-7785, you can speak with a crisis worker anytime you need to. The crisis worker will provide an immediate telephone/text response in a variety of situations, such as if you are feeling depressed, distressed, lonely, anxious, scared, angry or are worried that you have no where to go.

Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. <https://www.bigwhitewall.ca/v2/Home.aspx?ReturnUrl=%2f>

SickKids CCMH offers a variety of different topics relevant to community parents and focuses on concerns children and youth may be dealing with. These parent education workshops are free to attend, and offered at the Sheppard and Maitland sites. Presently they occur monthly and registration is required, Child care is available. <https://www.sickkidscmh.ca/Home/Services-to-Infants-Youth-and-Children/Prevention-and-Early-Intervention/Families-First-parent-education-workshops.aspx>

Parentbooks offers the most comprehensive selection of resources available anywhere from planning a family to everyday parenting issues to special needs of all kinds.

<https://www.parentbooks.ca/>

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Active for Life; Keeping kids busy at home: <https://activeforlife.com/20-ways-to-keep-kids-busy-at-home-during-spring-break/>

Scribd; One month free of audio books: <https://www.scribd.com/?lohp=2>

ONLINE EDUCATION RESOURCES

Scholastic: <https://classroommagazines.scholastic.com/support/learnathome.html>

PBS Learning Media: www.nj.pbslearningmedia.org

ABCYA: www.abcya.com

Fun Brain: www.funbrain.com

Starfall: www.starfall.com

Highlights Kids: www.highlightskids.com

Storyline Online: www.storylineonline.net

ABC Mouse: www.abcmouse.com

Wonderopolis: www.wonderopolis.org

Time For Kids: www.timeforkids.com

Brainpop: www.brainpop.com

Phonics Hero: www.phonicshero.com

Dreamscape: www.squiggelpark.com/dreamscape

Switcheroo Zoo: www.switcheroozoo.com

GoNoodle: www.gonoodle.com

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ASD RESOURCES

Ontario Autism Program funding application for fee for service:

<http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/ontario-autism-program.aspx>

Coordination of service through **CTN**: <https://www.ctnsy.ca/Program-Services.aspx>

ADHD RESOURCES

Rolling with ADHD; for parents of children 6-12 with ADHD and/or symptoms.

Online modules with practical application:

<https://healthymindslearning.ca/rollingwith-adhd/>

www.helpforadd.com

www.adhdnews.com

www.adhd.com

Learning Disabilities Association of York Region: <https://ldayr.org/>

OCD RESOURCES

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD

By: Dawn Huebner and Bonnie Matthews

Breaking Free from OCD: A CBT Guide for Young People and Their Families

By: Jo Derisley

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OCD RESOURCES

Free from OCD: A Workbook for Teens with OCD

By: Timothy Sisemore

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"

By: John March

NHS Obsessions and Compulsions: A Self-Help Guide (2016, UK) Guidebook

<http://www.selfhelpguides.ntw.nhs.uk/penninecare/leaflets/selfhelp/Obsessions%20and%20Compulsion>

Obsessive-Compulsive Disorders: A Handbook for Patients and Families

(2015, Sunnybrook Hospital, Canada)

<https://sunnybrook.ca/uploads/1/departments/psychiatry/ocd-information-guide-2015.pdf>

Obsessive-Compulsive Disorder (OCD): A Conversation Guide to Help People with OCD receive High Quality Care (2019, draft in public consultation)

ANXIETY RESOURCES

Bounce Back; online skills training for individuals 15+ for depression and anxiety.

<https://bouncebackontario.ca/>

Anxiety Canada; psycho-education and strategies <https://anxietycanada.com/>

ONLINE RESOURCE HUB

ANXIETY APPS

Clear Fear App

- Grounded in CBT
- Passcode protected and lets youth create a “safety net” of people they can contact or things they can do.
- Provides support with dealing with emotions, managing worries, reacting to worries, and managing physical responses.
- Can track progress.

More info: <https://www.clearfear.co.uk/>