



Ottawa Public Health Mental Health and Substance Use Supports for Schools

OPH understands the need to maintain mentally healthy schools when they reopen in September. Students continue to require programming and resources that prioritizes positive coping strategies, resilience, relationship building, a sense of belonging, social and emotional learning, and reinforcing the circle of support. Parents are finding this time challenging and require additional knowledge, resources and supports to help them to navigate the return to school plans. Employees within schools need a psychologically safe and healthy workplace environment that ensures their needs for support are met. As such, the below table lists the services and resources that OPH provides, as well as some key partners that offer supports within Ottawa.

For more information, visit [Supporting schools during COVID-19](#)

Students	Parents and Caregivers	Teachers and Other Employees
<ul style="list-style-type: none"> ➤ Lesson Plans These lesson plans include succinct lesson plans for existing OPH mental health resources with public health considerations in relation to COVID-19. ➤ OPH Mental Health Resources <ul style="list-style-type: none"> • MindMasters 2 • Healthy Transitions • have THAT talk Youth Activities ➤ Youth Connections Ottawa This peer-to-peer program can be customized for the needs of 	<ul style="list-style-type: none"> ➤ Parenting in Ottawa website and Facebook page ➤ Protecting Your Mental Health Series These fact sheets were developed in partnership with the Royal Mental Health Care Centre to help promote and protect the mental health of those in our community. <ul style="list-style-type: none"> • How to help your children cope? • How can we practice being more resilient? 	<ul style="list-style-type: none"> ➤ OPH Resources to Support Teachers and Educators ➤ Mental Health and Substance Use Services and Resources during COVID-19 ➤ Protecting Your Mental Health Series These fact sheets were developed in partnership with the Royal Mental Health Care Centre to help promote and protect the mental health of those in our community. <ul style="list-style-type: none"> • How to help your children cope?

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<p>Ottawa's many diverse communities.</p> <ul style="list-style-type: none"> ➤ Mental Health Resources for <u>Children</u> and <u>Youth</u> during COVID-19 ➤ Mental health resources for youth on the <u>Link Ottawa</u> ➤ Substance use resources on the <u>Link Ottawa</u> ➤ Youth Net <u>Youth Net</u> is a for youth, by youth mental health promotion and intervention organization that offers services in both French and English. 	<ul style="list-style-type: none"> ➤ <u>Mental Health Resources for Parents</u> during COVID-19 ➤ <u>Substance Use Disorder Supports</u> during COVID-19 ➤ Multilingual Mental Health Videos These <u>multilingual videos</u> provide information on protecting your mental health, including suggestions for parents and caregivers. These videos are available in English, French, Arabic, Somali and Mandarin. <ul style="list-style-type: none"> ➤ ECHO Ontario Child and Youth Mental Health in Partnership with PLEO: Pandemic Parenting Playbook <p><u>Helping Your Children and Teens During a Pandemic</u></p> <ul style="list-style-type: none"> ➤ Parents Lifeline of Eastern Ontario <u>PLEO</u> is a peer support program for parents whose children are facing mental health challenges. 	<ul style="list-style-type: none"> • <u>How can we practice being more resilient?</u> ➤ <u>Protecting Your Mental Health – What can you do as a school employee</u> ➤ <u>Managing Through COVID-19 Protecting the mental health of employees returning to school</u> ➤ <u>Managing Through COVID-19 - Protecting the mental health of employees returning to work</u> ➤ <u>Managing Through COVID-19 - How to Support Your Employees' Mental Health: An Employer's Guide Developed</u> ➤ <u>have THAT talk Workplace Mental Health Videos and Facilitator's Guide</u>

