



Mental Health Resources for Children, Youth and Families

Online Resources

Big White Wall

www.bigwhitewall.com

- An anonymous community where members can support each other
- Access 24 hours a day, 365 days a year
- Trained practitioners available 24/7 to keep the community safe
- Self-assessments & recommended resources
- Creative tools to help express how you're feeling
- Wide range of self-guided courses to do at your own pace

Big White Wall harnesses the protective and therapeutic effects of connectedness and healthy social networks in its unique community where people share with, and support each other. The evidence is convincing, the wider determinants of health such as the communities in which we exist have a more beneficial impact than individual lifestyle factors and health behaviours. Innovative technology, and first class clinical teams and trained moderators, create a unique environment for members to lead their own recovery.

Bounce Back Ontario

<https://bouncebackontario.ca>

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.



ROC & The Prince Edward County Youth Centre
299 Main Street,
Picton, ON K0K 2T0
613-476-1462
theROC.ca

Mind Your Mind

<https://mindyourmind.ca>

mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

Phone Resources

Open Line Open Mind

613-310-OPEN (6736)

Open Line Open Mind 310-OPEN (6736) is a free, confidential service to get information, support and referral to all mental health and addictions services in Hastings & Prince Edward Counties in Ontario, Canada. Dial 310-OPEN and be connected to someone with an open mind to help you when you need it. We are OPEN 24 hours a day, 7 days a week, 365 days a year.

Addictions and Mental Health Services Help Line

613-967-4737

Open Monday to Friday from 9 a.m. to 6 p.m.

Children's Mental Health Services

613-476-8285

<https://www.camh.ca/en/health-info>



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App Resources

BeSafeApp

Be Safe is a mobile app that aims to help young adults make a decision about seeking help in a crisis.

Be Safe is unique because it was developed in full partnership with youth and professionals. It is a systems navigation tool that helps youth find help when they need it, and supports them through the process of reaching out when it feels overwhelming.

By using information from our vast network of partners, Be Safe makes the process of finding the right help quick and easy.

Calm App

For sleep, meditation and relaxation. Helps to lower stress, sleep better, reduce anxiety with guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.

Stop, Breath and Think App

Meditation and Mindfulness App that helps you find peace anywhere. Helps to check-in with your emotions and recommends short guided meditations, yoga, and acupressure videos.

Headspace

Your guide to everyday mindfulness in just a few short minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health - including short SOS meditations for when you're on the go.

