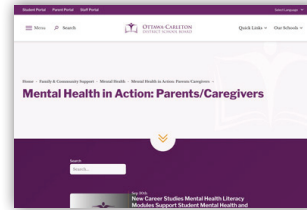
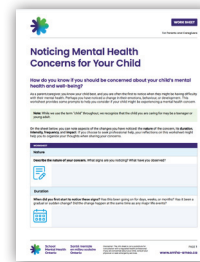


Resources for Parents/Caregivers

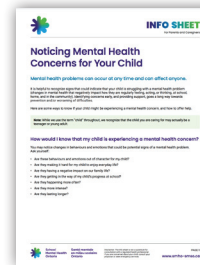
Parents/Caregivers: Mental Health In Action is a website which regularly shares mental health resources and information for OCDSB parents/caregivers.



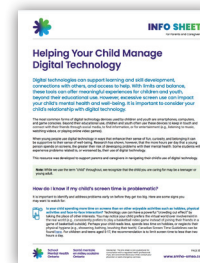
Noticing Mental Health Concerns for your Child Worksheet provides some prompts to help you consider if your child might be experiencing a mental health concern, and when you may wish to consider seeking support from a regulated mental health professional.



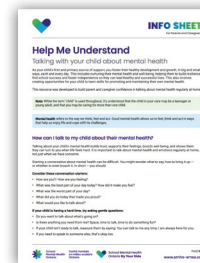
Noticing Mental Health Concerns for your Child explores how you can identify if your child is struggling with mental health problems, what to look for and how to access help.



Helping your Child Manage Digital Technology assists you in navigating your child's use of digital technology.



Help Me Understand - Talking to Your Child about Mental Health provides tips and conversation starters to discuss mental health at home.



Resources for Parents/Caregivers

Supporting your Child with School Related Stress and Anxiety can help you understand how to spot the signs of stress and anxiety and how to support your child.

