Ontario
Health atHome

Mental Health and Addictions Nurses in Schools

Helping students thrive, cope and succeed:

Living with mental health issues and/or an addiction is difficult for anybody of any age. When you add in the social and academic pressures of being a student, life can sometimes feel unbearable.

Mental Health and Addictions Nurses provide early intervention, psycho-educational support and therapeutic strategies that addresses specific mental health and addiction needs for children and youth.

The program consists of specialized nurses working in the community and in schools to assist students who have various mental health challenges. We build trusting relationships with students by respecting their right to privacy and confidentiality.

Services include:

- Assessing and monitoring of mental health
- Developing strategies with students moving toward mental wellbeing
- Providing individual clinical nursing support at school or home
- Medication reconciliation, management and education
- Addictions support
- Liaising between schools, families and community care partners to support care plan goals and treatments
- Supporting transitions from hospital to community/ school
- Referring to other other health system, community and school supports and services
- Providing information and education to school staff to build knowledge of and comfort in supporting students with mental health and addictions challenges

EARLY INTERVENTION | SYSTEM NAVIGATION | EDUCATION | COLLABORATION

We're here to help

06-2024

Who is eligible?

Mental Health and Addictions Nurses are available to students who could benefit from short-term support.

We help students who:

- Have recently been to the hospital
- Require medication follow-up
- Have concurrent medical and mental health diagnoses
- Have substance abuse issues
- Present as a potential risk at school and where the support of a mental health and addictions nurse may be of assistance

Complete a referral and send to Ontario Health atHome.

What happens when a student is referred?

A nurse will be assigned to work with the student to develop a care plan and provide specialized, professional support.

With the student's consent, this can be in collaboration with family, school, community partners.

Benefits of the Program:

- Improved school achievement
- Better health outcomes
- Enable students to develop and maintain healthy life skills and resiliency into adulthood

Contact us:

- Our nurses are available Monday to Friday from 8:30 am to 4:30 pm.
- 1-800-811-5146
- ontariohealthathome.ca
- For local health and community service listings, visit thehealthline.ca

Did you know?

Approximately **1 in 5** children and youth in Ontario (about 400,000 individuals) have a mental health challenge.

Early identification and intervention is critical and can lead to improved achievement in school and better health outcomes in life.

Where to get help in a Crisis:

- **Kids Help Phone: 1-800-668-6868 or Text CONNECT to 686868**
  Canada's national 24-hour, bilingual and anonymous phone counselling service
- **Here 24/7: 1-844-437-3247**
  Call anytime to access addiction, mental health and crisis services
- **Crisis Services Canada: 1-833-456-4566**
  or Text 45645
- **Distress and Crisis Ontario:**
  Text SUPPORT to 258258