

Mental Health and Addictions Nurses in Schools

Helping students thrive, cope and succeed

WE'RE HERE TO HELP



EARLY INTERVENTION | EDUCATION SYSTEM NAVIGATION | COLLABORATION

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.

Ontario Health atHome 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 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

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.

Who is eligible?

Our 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
- Have concurrent medical and mental health diagnoses
- Require medication follow-up
- 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

Benefits of the Program:

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

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

Send referrals to Ontario Health atHome.



For Crisis Help

- **Kids Help Phone - 1-800-668-6868**
Canada’s national 24-hour, bilingual and anonymous phone counselling service
- **Canadian Mental Health Association Crisis Line – 1-888-893-8333**
Simcoe County & Muskoka
- **Community Crisis Response Service**
1-855-310-COPE (2673)
- **Crisis Services Canada**
1-833-456-4566 or Text 45645
- **Distress and Crisis Ontario**
Text SUPPORT to 258258

Contact Us

Ontario Health atHome

Our Mental Health and Addictions Nurses are available Monday to Friday, from 8:30 am to 4:30 pm.

- 905-895-1240
- 416-222-2241
- 1-888-470-2222

For other local health and community service listings, visit centralhealthline.ca