

# Need Mental Health and Addictions Support?



## DO YOU...

- Feel alone even with friends/family?
- Feel a deep sadness, worthlessness and/or anxiety that affects your day-to-day life?
- Have suicidal thoughts?
- Drink and/or do drugs?
- Gamble?
- Harm yourself?
- Have problems at home?
- Have a hard time paying attention?
- Hear voices or see things that cause you distress?

## WE'RE HERE TO HELP

Mental Health and Addictions Nurses are available throughout the week to support you.

## WHAT WE DO:

Our specialized nurses work in the community and in schools to assist students with various mental health and addictions challenges.

- Assess and monitor mental health and addictions concerns
- Connect students with services within the community
- Collaborate with schools, families and care partners, to support a student's care plan, goals and treatments
- Medication assessment, support and education
- Support transitions back to school from hospitals or other care settings

## YOU'RE NOT ALONE

- 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

## TALK TO US:

- Speak with your principal, vice-principal, guidance counselor, or school social worker about Mental Health and Addictions Nurses services
- Or call **Ontario Health atHome** at 1-888-733-1177

## NEED URGENT HELP?

Call Kids Help Phone 24/7  
at 1-800-668-6868

**EASY**

**SAFE**

**SECURE**

**CONFIDENTIAL**