



Effective Discipline and Positive Parenting

Canadian Paediatric Society	https://caringforkids.cps.ca/handouts/behavior-and-development/positive-discipline-for-young-children
Alberta Health	https://www.albertahealthservices.ca/assets/info/amh/if-amh-scsf-positive-parenting-handout.pdf
American Academy of Pediatrics	https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx

Mental Health Resources for Patients and Families

General Information, Links	www.mindyourmind.ca https://www.aboutkidshealth.ca/mentalhealth https://www.camh.ca/en/health-info/ https://keltymentalhealth.ca/ https://www.ementalhealth.ca/ https://kidshelpphone.ca/ https://www.aacap.org/AACAP/Families_Youth/AACAP/Families_and_Youth/Home.aspx (US) https://kidshelpline.com.au/kids (Australian)
Online crisis and emotional support chat service	https://kidshelpphone.ca/ Text CONNECT to 686868 Call 1-800-668-6868
Mental Health Crisis and Suicide Prevention Line	Dial 988 in Canada Text - see 998.ca
Transgender crisis support	Transgender Crisis Line: 1-877-330-6366
Wellness, Stress, Substance Use	https://mytoolkit.ca/
App for create a safety plan, local resources	https://besafeapp.ca/

Learning About Anxiety

Anxiety Canada	https://www.anxietycanada.com/
Anxiety in Children	https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/ Anxiety in Youth
Anxiety Canada: Anxiety Canada You Tube: What is Anxiety?	https://www.youtube.com/watch?v=rp0pKTWrp4&t=5s
MindShift CBT App	https://www.anxietycanada.com/resources/mindshift-cbt/

Bullying – resources

Comprehensive Canadian Resource – includes Bullying, Cyberbullying, Healthy Relationships, Dating Violence	https://www.prevnet.ca/
Mental Health resources, Crisis support, Tips and information, Support service directory	https://kidshelpphone.ca/ Text “CONNECT” to 686868 Call 1-800-668-6868
Cyberbullying, Internet Safety	https://www.safekids.com/ https://www.healthychildren.org/English/family-life/Media/Pages/Cyberbullying.aspx
Includes prevention videos for kids	https://www.stopbullying.gov/

Counselling Tools for Substances and Addictions

Alcohol Consumption Infographic	https://www.ccsa.ca/sites/default/files/2023-05/CGAH-Drinking-Less-is-Better-en.pdf
Smoking Cessation	https://www.canada.ca/content/dam/hc-sc/documents/services/healthy-living/road-quitting-young-adults-voie-reussite-jeunes-adultes/becoming-non-smoker-youth-guide-jeunes-devenir-non-fumeur-eng.pdf
Vaping – Talking to Teens	https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/talking-teen-vaping-tip-sheet-parents.pdf https://caringforkids.cps.ca/handouts/preteens-and-teens/vaping
Opioids	https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/naloxone-sauver-une-vie.pdf
Opioids Naloxone – Save a Life	https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/naloxone-save-a-life.pdf
Talking to teens about drugs and alcohol	https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html
Cocaine	https://www.ccsa.ca/sites/default/files/2023-01/3-Facts-for-youth-about-cocaine-en.pdf
Gambling guidelines	https://gamblingguidelines.ca/

Gambling - Lowering the Risk

Limit the amount of money: Set your own limits for the amount you will spend. Use cash rather than credit or debit cards. Consider an app that prevents you from making payments with your phone
Limit the time: Set a quit time, schedule an activity immediately after so your gambling time is limited, set alarms on your phone
Limit the frequency: Try to gamble < 5 days per month
Limit the number: Play no more than 2 types of games regularly
Limit consumption of alcohol, cannabis and other drugs
Be aware that faster paced games can lead to spending a lot in a short time

Adapted from <https://gamblingguidelines.ca>

Cannabis risk reduction

Avoid risks by choosing not to use
Delay starting using for as long as possible, more harms for teens, especially under 16 years
Choose products with lower THC content, or higher ratio of CBD to THC
Do not use synthetic cannabis products
Non-smoking options are less dangerous
If smoking, avoid inhaling deeply or holding your breath
Limit use, try for infrequent, occasional or at most once per week
Do not drive when using, avoid driving for at least 6 hours, avoid combining with alcohol
Avoid if you or your family have a history of psychosis or substance use issues
Do not use if pregnant
Avoid inadvertent ingestion of edibles. Label clearly and place in locked storage.

Adapted from www.camh.ca/-/media/files/ircug_professional.pdf Health Canada

Eating Disorder Resources

National Eating Disorder Information Centre and Helpline
https://medica.ca/ Call 1-866-633-4220
Canped: Understanding Eating Disorders in Adolescence - caregiver support and information https://canped.ca/
Information for Caregivers: https://www.canada.ca/content/dam/canada/health-canada/migration/healthy-canadians/publications/healthy-living-vie-saine/mental-health-teen-eating-disorders-sante-mentale-jeunes-troubles-alimentation/alt/pub-eng.pdf