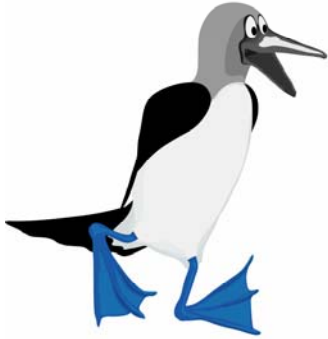


# Resources for Parents and Youth



Some parents in the study have indicated that they would appreciate knowing more about social and emotional difficulties that may emerge in children and youth. Your family physician is a terrific resource and can direct you to appropriate services, if required.

The following are a few local resources that may help you to access clinical services for your child.

## Contact Hamilton

Website: <http://www.contacthamilton.ca/>

Contact Hamilton is an entry point for services for children and youth in this region who have emotional, behavioural or developmental concerns. They provide information about services that are available locally, central intake and referral. Parents can call directly.

## ROCK

Website: <http://www.hcys.ca/>

ROCK, which stands for *Reach Out Centre for Kids* (formerly Halton Child and Youth Services) provides mental health services for children, youth and families in the Halton Region. Referrals can be made by parents, physicians, and youth, and many can be accessed through walk in clinics in the region.

There are a number of websites available that provide background information and general resources for parents and youth.

## Centre of Knowledge on Healthy Child Development

Website: <http://knowledge.offordcentre.com/>

Developed by the Offord Centre for Child Studies, this website provides current information for parents about children's mental health, development and well being. There are particular links that provide resources for parents and youth about children's thoughts and feelings.

For information about teenage moods or feelings of sadness, [click here](#)

To learn more about youth feeling anxious, [click here](#)

## Mind your Mind

Website: <http://www.mindyourmind.ca/>

*Mind your Mind* is a website created for youth by youth that provides general resources and information about mental health.

## Other Websites

For information about feelings of sadness, [click here](#)

Feeling anxious, [click here](#)