



Suicide Prevention Community Council of Hamilton

## Children and Youth Mental Health

**1 in 5 children and youth struggles with their mental health.** Source: Children's Mental Health Ontario

Mental health problems often begin in childhood. Early treatment may help prevent life-long problems.

When left untreated, mental health problems can lead to school failures, family conflicts, drug & alcohol abuse, violence and even suicide.

Help is needed when feelings of sadness, worry, or fear don't go away.

### **WARNING SIGNS OF MENTAL HEALTH PROBLEMS CAN INCLUDE:**

- Anxiety or fear that does not go away
- Frequent crying and weepiness
- Loss of interest in activities that were a source of pleasure in the past, like team sports or school activities
- Difficulty concentrating
- Lack of energy or motivation
- Problems at school with falling marks
- Withdrawal from family, friends, and school activities
- Increased school absences
- Loss or increase in appetite
- Sleeping too much or too little
- Increased irritability, anger or aggression
- Neglect of personal appearance
- Frequent stomachaches or headaches
- Increased alcohol or drug use

Source: Offord Centre for Child Studies



Hamilton  
Public Health Services

## WHERE TO GET HELP IN HAMILTON

Contact Hamilton - access to children and youth mental health services 905-570-8888

If in crisis, call the youth COAST (Crisis Outreach and Support Team) program 905-972-8338

## OTHER SUPPORTS

Family doctor  
School social worker

## OTHER COMMUNITY RESOURCES

Alternatives for Youth - drug, alcohol & tobacco related services for youth ages 13-22 and their families 905-527-4469

Schizophrenia Society of Ontario, Family Support 905-777-9921

Settlement and Integration Services Organization, Children's Mental Health Outreach Program 905-667-7476

## HELPFUL WEBSITES

- [www.coasthamilton.ca](http://www.coasthamilton.ca)
- [www.contacthamilton.ca](http://www.contacthamilton.ca)
- [www.connexontario.ca](http://www.connexontario.ca)
- [www.camh.net](http://www.camh.net)
- [www.cmha.ca](http://www.cmha.ca)
- [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)
- [www.mindyourmind.ca](http://www.mindyourmind.ca)
- [www.ay.on.ca](http://www.ay.on.ca)
- [www.offordcentre.com](http://www.offordcentre.com)
- [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- [www.youthnethamilton.ca](http://www.youthnethamilton.ca)
- [www.stjoes.ca](http://www.stjoes.ca)

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