By Your Side

Parent/caregiver resources to support mental health learning and well-being in every family

Parents and caregivers want their children to be physically and mentally healthy, and already have many effective tools and strategies in place.

By Your Side recognizes the expertise of parents and caregivers and offers resources to support learning and strengthen mental health and well-being in every family.

Key topics in the Parent/Caregiver Learning Hub include:

- Understanding mental health
- Promoting mental health at home
- Supporting mental health at school
- Stress and anxiety management
- Substance use prevention
- Navigating digital technology use
- Reaching out for help

The **By Your Side** Parent/Caregiver Learning Hub ensures all families can access information and strategies that promote mental health and well-being at home.

Access the hub!

smho-smso.ca/parents-and-caregivers

→

School Mental Health Ontario | Santé mentale en milieu scolaire Ontario

School Mental Health Ontario **By Your Side**

Parent/caregiver resources to support mental health learning and well-being for every family