

This program is available for students who could benefit from short-term support from a mental health and addictions nurse.

We can help:

- Students who have recently been to the hospital
- Students with psychotropic medication issues
- Students who require medication follow-up when medication is a concern
- Students who have concurrent medical and mental health diagnoses
- Students with conflicting and/or complicated diagnoses
- Families who need guidance and support navigating the health system and coordinating services
- Students who present as a potential risk at school and where the support of a mental health and addictions nurse may be of assistance

We build trusting relationships with students by respecting their right to privacy and confidentiality.

Home and Community Care Support Services Waterloo Wellington

Local: 519-748-2222

Toll-Free: 1-888-883-3313

TTY: 519-883-5589

Website: www.healthcareathome.ca/WW

Email: waterloowellington@lhins.on.ca



Upper Grand
District School Board



Waterloo Catholic
District School Board



Waterloo Region
District School Board



HOME AND COMMUNITY CARE SUPPORT SERVICES
Waterloo Wellington



MENTAL HEALTH AND ADDICTION NURSES IN SCHOOL PROGRAM

REFERRING A CHILD OR ADOLESCENT

Referrals to a Mental Health and Addiction Nurse can be made through:

- School mental health supports or social workers
- Emergency departments
- Hospital inpatient units
- Outpatient psychiatrists
- Paediatricians

If you are a referral source, please fax referrals to **519-571-3957**.

For consultations, please call **888-883-3313** and ask to speak with the team assistant for the Mental Health and Addiction Nurses in School Program.



SCHOOL MENTAL HEALTH AND ADDICTION NURSES

- Support you to return to school after being in the hospital
Help you understand your medications
- Connect you with mental health and addiction services in your community
- Meet with you one-to-one in your home or at school to create and review safety plans
- Provide mental health and addictions education to you and your family
- Provide short-term nursing therapy (including support with sleep, exercise and eating)
- Connect with your doctor and your school



Your Mental Health and Addiction Nurse's Direct Contact Information:

Name _____

Phone # _____

WHERE TO GET HELP IN AN EMERGENCY

As with any medical emergency, a mental health emergency can be life threatening. If there is the risk of suicide or harm to an individual, **call 911** or go to an emergency department.

WHERE TO GET HELP IN A CRISIS

Here 24/7: 1-844-437-3247

Call anytime to access addiction, mental health and crisis services

Kids Help Phone: 1-800-668-6868

Canada's national 24-hour, bilingual and anonymous phone counselling service

WHERE TO GET SUPPORT & RESOURCES

bigwhitewall.ca

Online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares (age 16 and older)

connexontario.ca / 1-866-531-2600

Access to addiction, mental health and problem gambling services

eMentalHealth.ca

Mental health services, help and support in your community

LGBT Youth Line: 1-800-268-9688

Text: 647-694-4275

Confidential, non-judgmental, informed peer support

pcmh.ca (Parents for Children's Mental Health)

Support for families facing challenges with child and youth mental health disorders/illness

teenmentalhealth.org

Mental health resources for youth, families, educators and health providers