

Practising Well Community of Practice

Approaches to caring for children and youth depression – November 27, 2024

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
Treatment Resources	<ul style="list-style-type: none"> • Depression Tool • Depression Tool resources • Tips for Assessing Depressed Youth • https://greighealthrecord.ca/ • Revised Child Anxiety and Depression Scale https://rcads.ucla.edu/
National Crisis Services	<ul style="list-style-type: none"> • 9-8-8 Canada • Kids Help Phone • Youth Space
Provincial (Ontario) Crisis Services	<ul style="list-style-type: none"> • One Stop Talk <ul style="list-style-type: none"> ○ Call: 1 (855)416-8255 /1 (855) 416-TALK ○ Virtual counselling service available across Ontario to provide youth ages 0-17 with immediate access to free mental health support. ○ Monday to Friday from 12pm to 8pm and on Saturdays from 12pm- 4pm

<p>GTA Crisis Resources</p>	<ul style="list-style-type: none"> • https://www.camh.ca/en/health-info/crisis-resources Includes distress lines, mobile crisis response, community crisis supports, specialized resources and additional resources. • Toronto Community Crisis Services The Toronto Community Crisis Service (TCCS) provides free, confidential, in-person mental health supports city-wide from mobile crisis worker teams. TCCS supports Toronto residents 16 years of age or older and is available 24 hours a day, seven days a week without involving the police.
<p>Helplines</p>	<ul style="list-style-type: none"> • Kids Help Phone: Text to 686868, Call 1-800-668-6868 Text FIRST NATIONS / INUIT / METIS to 686868 for young people and 741741 for adults Text RISE to 686868 for RiseUp (Black Youth Helpline) • NASEEHA (Muslim Focused Helpline): 1-866-627-3342 • LGBT Youthline: 1-800-268-9688 • Transgender Crisis Line (Trans Lifeline): 1-877-330-6366 • Hope for Wellness (Indigenous support): Call 1-855-242-3310 or online chat on the website
<p>Non-Crisis Services</p>	<ul style="list-style-type: none"> • Youth Wellness Hubs • SCOPE • eConsult • CAMH Virtual urgent care (16+) • SickKids TeleLink Mental Health • Toronto-Based Resources <ul style="list-style-type: none"> ○ What's Up Walk In: Free in-person and virtual mental health counselling for infants, children, youth, young adults, and families (self-referral). ○ Help Ahead: Centralized intake point for individual/family therapy, and intensive/day treatment resources in Toronto (self-referral). ○ Sunnybrook Hospital - Family Navigation Project: Provides phone and email service navigation to youth (11 to 29) experiencing mental health and/or addiction issues, and their families.
<p>General Resources</p>	<ul style="list-style-type: none"> • AACP Resources for Parents • Cundill Centre for Child and Youth Depression <ul style="list-style-type: none"> ○ CARIBOU Handout for Parents and Caregivers ○ CARIBOU: Validation with youth who have mental health conditions