



## Service providers who can help

Parents tell us it's emotionally exhausting and painful to acknowledge that their child might have a mental health issue. Once they do, it can be equally exhausting to try and find the right services and resources to help. We would like to assist by providing access to trusted sources of information for parents and health care professionals. The organizations listed below are all current donation recipients under the RBC Children's Mental Health Project. They are great starting points for parents and kids seeking information and resources.

### NATIONAL

#### [Canadian Mental Health Association](#)

The Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The CMHA accomplishes this mission through advocacy, education, research and service.

#### [Kids Help Phone](#)

Kids Help Phone is Canada's leading youth counselling service, moving kids from distress and isolation to confidence and competence. The service is available anytime of the day or night, in English and French, by phone and by web. It is the go-to resource for kids in Canada aged five to 20, when they need help or trustworthy information on issues that are difficult to discuss with anyone else. Contact Kids Help Phone at 1-800-668-6868.

#### [Wabano Centre for Aboriginal Health](#)

The Wabano Centre for Aboriginal Health is a leader in community-based, holistic healthcare for Canada's First Peoples. The mental health programs provide comprehensive and culturally relevant services for individuals and families. The [Parenting Bundle](#) offers traditional knowledge and experiential learning to promote positive, nurturing interaction between parents and children.

#### [The Centre for Addiction and Mental Health](#)

The Centre for Addiction and Mental Health is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the area of addiction and mental health. The Centre's [Child, Youth and Family Program](#) is committed to client-centred care, providing intensive and specialized services for young people with mental health and/or addiction problems. Under [Resources for Parents](#), you can find a list of [tips to help parents relate to their teenagers](#) by Dr. David Wolfe, RBC Investments Chair in Children's Mental Health and Developmental Psychology.

## ATLANTIC CANADA

[Janeway Children's Hospital Foundation](#), Newfoundland & Labrador  
Janeway Children's Health and Rehabilitation Centre provides pediatric health care in Newfoundland and Labrador.

[IWK Health Centre Charitable Foundation](#), Halifax

The IWK Health Centre provides quality care to women, children, youth and families in the Maritimes and beyond.

## QUEBEC

[Fondation des maladies mentales](#), Montreal

The Mental Illness Foundation has three main objectives: prevent mental illness, reduce the suffering of those affected and mobilize those affected and the society surrounding them to fight the consequences of mental illness.

## ONTARIO

[Algonquin Child and Family Services](#), North Bay & Muskoka regions

Algonquin Child and Family Services (ACFS) serves youth and offers children's mental health services to young clients and families with developmental challenges across the North Bay and Muskoka regions.

[Child Development Institute](#), Toronto

The Child Development Institute is a leader in services focused on early learning, aggressive child behavior and family violence.

[Lutherwood](#), Waterloo

Lutherwood provides a wide range of mental health, employment development, housing, and family support services. Lutherwood annually serves more than 18,500 people in Waterloo Region and Wellington County.

[Youthlink](#), Toronto

YOUTHLINK is dedicated to providing youth with the support, guidance and opportunities they need to make positive life choices and achieve their potential.

[Children's Mental Health Ontario](#)

Children's Mental Health Ontario represents and supports the providers of child and youth mental health treatment services throughout Ontario. In addition to providing resources for youth, the site offers resources for parents, such as finding a child and youth mental health centre in your area, information on getting help, and recognizing the early signs of mental illness.

## ALBERTA

[Hull Child and Family Services](#), Calgary

Hull Child and Family Services is a leader in serving children, adults, and families who experience significant mental health, behavioural and developmental challenges.



**BRITISH COLUMBIA**

[The F.O.R.C.E. Society for Kids' Mental Health](#), Vancouver

This BC-based parent-led advocacy and support organization invites parents and caregivers to monthly support and network sessions held in almost every region in BC.