

## MLHU Mental Health Resources for Early Years Professionals - February 2022

Prioritizing mental health can be difficult, but it is important for our families and ourselves. Here is some helpful information and resources.

Looking for ideas to share with families about supporting their child's Mental Health?

- Children and Mental Health - <https://www.healthunit.com/children-and-mental-health>
- Caring for Kids, Your Child's Mental Health  
[https://caringforkids.cps.ca/handouts/mentalhealth/mental\\_health](https://caringforkids.cps.ca/handouts/mentalhealth/mental_health)
- [Social & Emotional Development — Middlesex-London Health Unit](#)
- [Resiliency — Middlesex-London Health Unit](#)
- School Mental Health Ontario, Early Years Student Mental Health <https://smho-smso.ca/smh-professionals/learn-more/early-years-student-mental-health/>

Looking for ideas for Mental Health resources and supports for adults?

- Childcare Providers and Mental Health <https://www.healthunit.com/childcare-providers-and-mental-health>
- Mental Health, Addictions, Crisis Services <http://reachout247.ca/>
- Bounce Back, Reclaim Your Health <https://bouncebackontario.ca/>
- [Helping Each Other | MindEd Resilience Hub \(mindedhub.org.uk\)](#)
- Canadian Mental Health Association, Online Mental Health Courses <https://cmha.ca/find-info/mental-health/online-mental-health-courses/>