

Parents Resources:

What is Mental Health?

<https://smho-smso.ca/parents-and-families/learn-more/what-is-mental-health/>

What is Social Emotional Learning?

<https://smho-smso.ca/parents-and-families/learn-more/what-is-social-emotional-learning/>

How Ontario's schools support children and youth mental health and social-emotional learning.

<https://smho-smso.ca/parents-and-families/learn-more/how-ontarios-schools-support-children-and-youth-mental-health-and-social-emotional-learning/>

What Is your role in supporting your child's mental health and well-being?

<https://smho-smso.ca/parents-and-families/your-role/>

How to talk with your child when you feel concerned they may be struggling with a mental health problem.

<https://smho-smso.ca/parents-and-families/take-action/how-to-talk-with-your-child-when-you-feel-concerned-they-may-be-struggling-with-a-mental-health-problem/>

What resources are available in our community?

<https://www.lkdsb.net/Board/SpecialEducation/community-resources/Documents/Chatham-Kent%20Community%20Resource%20Document.pdf>

<https://www.lkdsb.net/Board/SpecialEducation/community-resources/Documents/SaLambton%20Community%20Resource%20Document.pdf>