

# Children and Youth Mental Health

**1 in 5 children and youth struggles with their mental health.** Source: Children's Mental Health Ontario

**Mental health problems often begin in childhood. Early treatment may help prevent life-long problems.**

**When left untreated, mental health problems can lead to school failures, family conflicts, drug and alcohol abuse, violence and even suicide.**

**Help is needed when feelings of sadness, worry, or fear don't go away.**

## Warning signs of mental health problems can include:

- Anxiety or fear that does not go away
- Frequent crying and weepiness
- Loss of interest in activities that were a source of pleasure in the past, like team sports or school activities
- Difficulty concentrating
- Lack of energy or motivation
- Problems at school with falling marks
- Withdrawal from family, friends, and school activities
- Increased school absences
- Loss or increase in appetite
- Sleeping too much or too little
- Increased irritability, anger or aggression
- Neglect of personal appearance
- Frequent stomachaches or headaches
- Increased alcohol or drug use

Source: Offord Centre for Child Studies

## Where to get Help in Hamilton

Contact Hamilton - access to children and youth mental health services 905-570-8888

If in crisis, call the youth COAST (Crisis Outreach and Support Team) program 905-972-8338

## Other Supports

Family doctor

School social worker

## Other Community Resources

Alternatives for Youth - drug, alcohol and tobacco related services for youth ages 13-22 and their families  
905-527-4469

Schizophrenia Society of Ontario, Family Support  
905-777-9921

## Helpful Websites

- [www.coasthamilton.ca](http://www.coasthamilton.ca)
- [www.contacthamilton.ca](http://www.contacthamilton.ca)
- [www.connexontario.ca](http://www.connexontario.ca)
- [www.camh.net](http://www.camh.net)
- [www.cmha.ca](http://www.cmha.ca)
- [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)
- [www.mindyourmind.ca](http://www.mindyourmind.ca)
- [www.ay.on.ca](http://www.ay.on.ca)
- [www.offordcentre.com](http://www.offordcentre.com)
- [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- [www.youthnethamilton.ca](http://www.youthnethamilton.ca)
- [www.stjoes.ca](http://www.stjoes.ca)



Suicide Prevention  
Community Council  
of Hamilton



St. Joseph's  
Healthcare  Hamilton

