

Ministry of Health

COVID-19: Mental Health Resources for Camp Operators

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Camps play an important role in socialization and physical activity, both of which are essential to the mental and physical well-being of children and youth. Camp leaders and other caring adults can help children and youth understand the current situation as well as engage in conversations and activities that foster resiliency and help minimize anxiety or fear.

This is a very difficult time for children, youth and their loved ones. Children and youth may be worried about themselves, their loved ones and friends. The negative impacts of the COVID-19 pandemic may result in young children demonstrating more behavioural difficulties and adolescents experiencing more anxiety and depression.¹

This document has been developed for day and overnight camp operators and staff. It lists mental health resources that may support you in talking to children and youth about the COVID-19 pandemic and seeking mental health supports for them and their families.

This non-exhaustive list of mental health resources is provided for informational purposes only and is not intended to provide or take the place of medical advice, diagnosis or treatment, or legal advice.²

¹ Public Health Ontario. "[Negative Impacts of Community-based Public Health Measures on Children, Adolescents and Families During the COVID-19 Pandemic](#)". Accessed June 24, 2021.

² The Government of Ontario does not endorse any of the resources and apart from any Government of Ontario resources listed, is not responsible for any of the resources or their content.

Information and Resources

COVID-19 specific resources:

- [Children's Mental Health Ontario COVID-19 resources webpage](#) provides information and resources for children and families about well-being and mental illness during the COVID-19 pandemic
- [COVID-19 Youth Mental Health Resource Hub](#) is a repository developed through a partnership between Jack.org, School Mental Health Ontario and Kids Help Phone
- [ECHO Ontario Child and Youth Mental Health - CHEO](#) provides information and resources to help support caregivers of children and youth
- [Egale Canada](#) provides mental health tips for lesbian, gay bisexual, transgender, queer, questioning, intersex and two-spirit people during the COVID-19 pandemic
- [Government of Ontario](#) and [Government of Canada](#) webpages provide advice for taking care of mental health during the COVID-19 pandemic and finding services
- [Ontario Centre for Excellence for Child and Youth Mental Health](#) provides evidence summaries and webinars to support the delivery of child and youth mental health services
- [School Mental Health Ontario](#) provides evidence-based information and resources about mental health promotion and prevention in schools. These resources can also be used by other caring adults and children's service providers
 - [Self-Care 101](#) is a guide to help students with self-care
 - [Noticing Mental Health Concerns for Your Child](#) is an information sheet for parents and caring adults to help noticing early signs of emerging mental concerns of a child and offering help
 - [Personal Resiliency Tips During the COVID-19 Pandemic](#) is a tip sheet for caring adults about self-care reminders

General information and resources about child and youth mental health:

- [NewYouth.ca](#) provides mental health resources for immigrant and refugee children and youth
- [Ontario's Youth Wellness Hubs](#) provides mental health and substance use service hubs for youth ages 12-25 in 10 sites across Ontario
- [SickKids's Mental Health Learning Hub](#) includes resources for parents and families on how to support children mental health and general well-being

Indigenous mental health supports:

- [Aboriginal Mental Health and Wellness: Where to go when you're looking for help](#) includes resources on Indigenous mental health supports available in Ontario
- [Ontario Federation of Indigenous Friendship Centres](#) provides a list of resources to support communities during the COVID-19 pandemic

Resources for Francophones:

- [Centre Francophone du Grand Toronto](#) offers mental health programs and services to the Francophone community
- [MaListeMaSante.ca](#) is a list of resources created by young people for Francophone youth

Tools and games for child and youth mental health and well-being:

- [Kids' Help Phone's Tools and Games](#)
- [Mind Your Mind](#)

Accessing Mental Health and Addictions Supports for Children, Youth and Families

For people under 18, please visit the Kids Help Phone's [Resources Around Me](#) to locate child and youth mental health services in your area. Please also visit [Ontario's website](#) to find mental health supports for children and youth under the age of 18. Information is also available on [Ontario.ca/healthcareoptions](#). Below are additional supports that may be helpful.

Support Line	Phone Number	Description	Hours of Operation
Kid's Help Phone	1-800-668-6868	Confidential professional counselling, information, referrals and volunteer-led, text-based support to young people in English and French	24 hours a day; 7 days a week
Black Youth Helpline	1-833-294-8650	Multicultural youth helpline and services providing parent & family support and referrals	9:00am – 10:00pm; 7 days a week

Support Line	Phone Number	Description	Hours of Operation
BounceBack	1-866-345-0224	A skills-based tool by CMHA designed to help adults 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness	8:30am – 4:30pm Mon-Fri (Reception hours)
ConnexOntario	1-866-531-2600	An information and referral service focusing on mental health, addiction and problem gambling services in Ontario. Knowledgeable and experienced staff offer supportive listening to help you discover resources from our database.	24 hours a day; 7 days a week
Centre for Addiction and Mental Health (CAMH)	1-800-463-2338 ext. 2	Centralized information, intake and scheduling for CAMH services	8:30am – 4:30pm Mon- Fri
Distress and Crisis Ontario	Text SUPPORT to 258258 Find a centre near you here	Distress Centres across Ontario offer real-time support and a variety of other services that address the needs of their communities.	24 hours a day; 7 days a week
Good2Talk	1-866-925-5454	Confidential support services for youth ages 17-25 in English and French	24 hours a day; 7 days a week
Hope for Wellness Help Line	1-855-242-3310	Counseling and crisis intervention for all Indigenous peoples across Canada in English, French, Cree, Ojibway or Inuktitut available upon request	24 hours a day; 7 days a week

Support Line	Phone Number	Description	Hours of Operation
LGBT Youthline	1-800-268-9688	Peer support line for lesbian, gay, bisexual, queer and questioning young people across Ontario	4:00pm – 9:30pm Sun - Fri
Métis Nation of Ontario	1-877-767-7572	Ontario's Mental Health and Addictions Crisis Line with culturally specific mental health and addiction supports for adults, youth, and families in English and French	24 hours a day; 7 days a week
Naseeha	1-866-627-3342	A confidential mental health helpline, for Muslim and non-Muslim youth to receive immediate, anonymous, and confidential support over the phone. Resources, workshops and web therapy are also offered	12:00pm – 12:00am; 7 days a week
Trans lifeline's Hotline	1-877-330-6366	A nation-wide peer support phone service run by trans people for trans and questioning peers	24 hours a day; 7 days a week

Additional Information

- Visit [Covid-19.ontario.ca](https://www.covid-19.ontario.ca) for the latest information and advice on COVID-19.
- The [local public health unit](#) may have additional information or resources.