



CHILDREN AND MENTAL HEALTH

What every parent should know

Mental health in children requires the same professional attention as physical health should.

According to Children's Mental Health Ontario, more than half a million young children in Ontario – one in five – have mental health problems. (www.kidsmentalhealth.ca)

It is important to listen to your child and also to trust your instincts. Parents are in the best position to recognize changes in behaviour. Remember that changes may be subtle.

WHAT TO LOOK FOR?

- Changes in behaviour, appetite or mood
- Physical symptoms such as stomach aches and headaches
- Decreased energy levels, altered sleeping patterns/insomnia
- Significant decline in school work, concentration and performance
- Increase in absenteeism, and/or poor concentration and memory
- Lack of interest in spending time with friends and family
- Isolation/withdrawal, or aggression

WHAT CAN PARENTS DO?

- Keep communication lines open between you and your child, good relationships with parents can increase positive feelings for children.
- Support your child in maintaining close friendships with other children, they need time to play.
- Encourage activities that are calming and pleasant before bedtime (book reading, taking a bath) and avoid television and computer games.
- Spend quality time with your child - children often talk about a problem when asked and given the opportunity and your full attention.
- Discuss your concerns with your child's teacher - he or she may have noticed changes in your child's behaviour in the classroom.

You know your child better than anyone else. If you have any concerns discuss them with a family doctor.

HELPFUL RESOURCES

Websites

- <http://www.ementalhealth.ca/Ottawa-Carleton/Home/index.php?m=home>
- www.kidsmentalhealth.ca
- www.cheo.on.ca
- www.cmhaottawa.ca
- www.mhsio.on.ca

Community Resources

Resource	Telephone	Website
Carlington Community Health Centre	613-722-4000	www.carlington.ochc.org
Centre Psychosocial	613-789-2240	www.centropsychosocial.ca
Centretown Community Health Centre	613-233-4443	www.centretownchc.org
Eastern Ottawa Resource Centre	613-741-6025	www.eorc-gloucester.ca
Family Services Ottawa	613-725-3601	www.familyservicesottawa.org
Hunt Club-Riverside Community Service Centre	613-247-1600	www.huntclubriverside.ca
Pinecrest-Queensway Health and Community Services	613-820-4922	www.pqchc.com
Somerset West Community Health Centre	613-238-8210	www.swchc.on.ca
South-East Ottawa Community Health Centre	613-737-5115	www.seochc.on.ca
Vanier Community Service Centre	613-744-2892	www.cscvanier.com
Western Ottawa Community Resource Centre	613-591-3686	www.communityresourcecentre.ca
Youth Services Bureau of Ottawa	613-260-2360	www.ysb.on.ca



LES ENFANTS ET LA SANTÉ MENTALE

Ce que tous les parents devraient savoir

La santé mentale chez les enfants exige une attention professionnelle au même titre que la santé physique.

D'après l'organisme Santé Mentale pour Enfants Ontario, plus d'un demi-million de jeunes enfants en Ontario soit un sur cinq ont des problèmes de santé mentale. (www.kidsmentalhealth.ca)

Il est important d'écouter votre enfant et de faire également confiance à votre instinct. Les parents sont les mieux placés pour remarquer des changements dans le comportement de leur enfant. Et rappelez-vous que ces changements peuvent être subtils.

QUE FAUT-IL SURVEILLER?

- Les changements dans le comportement, l'appétit ou l'humeur
- Les symptômes physiques, comme les maux de tête et les maux de ventre
- Une baisse du niveau d'énergie, une perturbation des habitudes de sommeil ou des problèmes d'insomnie
- Une baisse significative de la motivation dans les études, de la capacité de concentration et des résultats scolaires
- Une augmentation de l'absentéisme et/ou des problèmes de concentration et de mémoire
- Un désintérêt envers les amis et la famille
- L'isolement/le repli sur soi ou l'agressivité

QUE PEUVENT FAIRE LES PARENTS?

- Gardez la communication ouverte entre vous et votre enfant; le fait d'avoir une bonne relation avec leurs parents peut accroître les sentiments positifs chez les enfants.
- Encouragez votre enfant à entretenir des liens d'amitié importants avec d'autres enfants - les enfants ont besoin de temps pour jouer.
- Favorisez les activités agréables et apaisantes avant l'heure du coucher (lecture, bain); évitez la télévision et les jeux vidéo.
- Passez du temps de qualité avec votre enfant – les enfants vont souvent parler d'un problème si vous leur donnez l'occasion de se confier et que vous les questionnez et leur accordez toute votre attention.
- Discutez de vos inquiétudes avec l'enseignant(e) de votre enfant- il ou elle pourrait avoir remarqué des changements dans son comportement en classe.

Vous connaissez votre enfant mieux que quiconque. Si vous avez des préoccupations, discutez-en avec un médecin de famille.

RESSOURCES UTILES

Sites Web

- <http://www.ementalhealth.ca/Ottawa-Carleton/Home/index.php?m=home>
- www.kidsmentalhealth.ca
- www.cheo.on.ca
- www.cmhaottawa.ca
- www.mhsio.on.ca

Ressources communautaires

Ressource	Téléphone	Site Web
Centre de santé communautaire Carlington	613-722-4000	www.carlington.ochc.org
Centre Psychosocial	613-789-2240	www.centropsychosocial.ca
Centre de santé communautaire du Centre-ville	613-233-4443	www.centretownchc.org
Centre des ressources de l'Est d'Ottawa	613-741-6025	www.eorc-gloucester.ca
Services à la famille Ottawa	613-725-3601	www.familyservicesottawa.org
Centre de services communautaires Hunt Club/Riverside	613-247-1600	www.huntclubriverside.ca
Centre de santé communautaire Pinecrest-Queensway	613-820-4922	www.pqchc.com
Centre de santé communautaire Somerset Ouest	613-238-8210	www.swchc.on.ca
Centre de santé communautaire du sud-est d'Ottawa	613-737-5115	www.seochc.on.ca
Centre des services communautaires Vanier	613-744-2892	www.cscvanier.com
Centre des ressources communautaires d'Ottawa ouest	613-591-3686	www.communityresourcecentre.ca
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