

Mental Health and Wellness Newsletter

What Parents Can Do While Waiting for Mental Health Services

Mental health problems are common in children and youth. Unfortunately, it can take months or more for an appointment with a mental health professional. Even though this can be a frustrating time, there are many things you can do to help while waiting for mental health services.

Keep in touch with your mental health service provider.

- ✓ **Ask to be put on a cancellation list** (if your provider has one). This gives you the possibility of being seen more quickly. If another family cancels an appointment, your service provider calls you to see if your child or teen can make the appointment time. If not, you can wait for the next available appointment. Make sure your provider has up to date contact information for you, including a number where you can be reached during the day.
- ✓ **Let your mental health service provider (or family doctor) know if your child or teen is getting worse.** Your child's place on the wait list depends on many things, including your child's needs. Let your service provider know if your child or teen: Is feeling more depressed or anxious; has more trouble at home or school; expresses thoughts that life is no longer worth living.
- ✓ **Check out support services.** Many organizations have 'wait-list supports', like: Mental health information; Information about support and advocacy groups.
- ✓ **Keep your family doctor or pediatrician in the loop.** If your child or teen gets worse, he or she may be able to advocate on your behalf. Your doctor may also know about other available services.
- ✓ **Keep a journal.** Write about events, situations, behaviours and worries that you want to share with your service provider. This is a good way to prepare for your first appointment.
- ✓ **Be ready for the first appointment.** Make notes of what you want to discuss with the service provider. If you have kept a journal, this will be much easier. It's important that your service provider see a progression of how things have been going. It's easy to forget things or only focus on what's happened recently if you don't write them down.

For more information, please see this information provided by CHEO:
<http://www.cheo.on.ca/uploads/Waiting%20for%20MH%20services.pdf>

Getting Help



- Some people worry about asking for help because there can be stigma around mental health problems. They may believe that asking for help means admitting that something is wrong. Some people worry about how others might see them. Asking for help means that you want to make changes or take steps towards your new health goals. We should celebrate the courage it takes to speak up and make changes. Getting help is part of recovery.
- Talk to your family doctor. They are a great resource and can connect you with other professionals, if needed.
- Connect with community mental health clinics or organizations like the Canadian Mental Health Association for information, support and services.
- Call a help line: Distress Centre Ottawa and Region – (613) 238-3311

Mental Health Walk-in Clinics

Phoenix & ATS 613-735-2374

Pembroke – Tues. 2-7 pm

Renfrew – Thurs. 2-7 pm

Arnprior – Wed. 2-7pm

Petawawa – Wed. 2-7 pm

Robbie Dean Centre 613-433-4231

Pembroke – Wed. 3-7pm

Renfrew – 3-7pm

Petawawa – Tues. 1-5 pm

Arnprior – Mon. 3-7 pm

Eganville – Mon. 1-5pm