
Community Health

UMIND Arrives

New Online Resource of Children's Mental Health Tools

WATERLOO – Today's busy children's mental health workers need off-the-shelf tools to help them spend more time helping children. Lutherwood and Kids' Health Links Foundation have developed a website that shares practical, ready-to-use documents and information to help mental health agencies spend more time helping children across Canada.

UMIND.ca is an online resource that links children's mental health and other professionals to the resources they need to support children, youth and families struggling with mental health issues. Registered members have free access to practical, off-the-shelf tools include policies, procedures, safety plans, forms and fact sheets as well as informative events offered through a national network of child and youth mental health professionals.

"As a children's mental health provider, we know the value of simple, ready-to-use tools," said Kathy Payette, Director of Community Mental Health at Lutherwood in Waterloo, Ontario. "While there is a wealth of such tools already in use across Canada, we needed a means to share them. By working with KHLF, our goal is to give child and youth workers, and mental health administrators more time to provide direct service to children, youth and their families by spending less time searching for promising practices and developing programs."

"Not-for-profits don't have the resources to compete with one another, but we can collaborate and share strengths to make a difference," added Basile Papaevangelou, Chairman and Founder of Kids' Health Links Foundation of Oakville, Ontario. "Amassing children's mental health knowledge and sharing it across a national network of like-minded professionals just makes sense. Using Lutherwood's knowledge and connections, and our resources to build a website, we are confident UMIND will help children's mental health treatment and resource centres across Canada for years to come."

Canada's premiere online resource for mental health professionals to share practical tools and access information that will improve the lives of children, youth and their families living with mental health issues. Developed by KHLF in partnership with Lutherwood Institute for Children and Youth Mental Health, this knowledge exchange initiative is designed to promote a unity of practice and is the result of generous contributions and collaboration among children and youth mental health professionals and resource centres across Canada.

Kids' Health Links Foundation is a grassroots not-for-profit on a mission to use technology to alleviate the stress, isolation and loneliness of children in medical care, and keep them connected with their family, friends and school community.

Lutherwood is a not-for-profit health and social service organization that supports youth with mental health issues and people looking for employment, at risk of being homeless or in need of counselling. Its services are accessed by more than 22,500 people annually in Waterloo Region and Wellington County.