



Parents for Children's  
Mental Health

SUPPORT. EDUCATE. EMPOWER.

# Parent's For Children's Mental Health

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# PCMH... who are we?

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- We are the only provincial parent—led non-profit organization that represents the voice of families struggling with the unique challenges of raising children / youth with mental health disorders / illnesses
- It is governed by a Board of Directors which has representatives from families and community.
- PCMH was established in 1994.
- Dedicated to providing support, education, and empowerment to its members and the community partners and government.
- We are funded by individual donations, grants, fees for service such as presentations and consultations

## Our Vision

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- PCMH believes that every child, youth, and families has the right to achieve mental wellness, and to be supported and treated with equity and respect.



## Our Mission

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- Through support, education, and empowerment, PCMH builds the capacity of families across Ontario to access child and youth mental health services that are family-centred and seamlessly delivered.



# Our Values

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Parents for Children's Mental Health believe that children/youth and their families suffering from mental health challenges deserve our extreme respect and assurance. We are dedicated to improving the lives of these families.

PCMH is grounded in communities across Ontario; we provide families with direct knowledge and resources to help them navigate the mental health systems.

We understand our children are always our children regardless of age and it is imperative for these families to know there is hope, PCMH provides a pathway to managing the struggles of mental health challenges.

PCMH is the only provincial organization with a Chapter community that impacts and cares for the families in the neighbourhoods in which they operate.

**We LINK** families to important networks within their communities to ensure they get the care they need and the support of families who can relate and support them.

**WE UNDERSTAND** the issues around child and youth mental health challenges and the stigma that prevents the work and conversations that need to happen.

**WE HELP** communities and families access important resources so they can begin their journey of healing.

# Our Principles and Hopes

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- That there will be an ongoing dialogue for a world free from stigma and discrimination attached to mental illness
- To ensure those families with a child/youth suffering with mental health challenges will feel loved and supported by their communities
- To provide a safe place where families will recognize it is OK to ask for help for their families and themselves
- To empower our members to become active participants of change
- To be a source of relevant and current information for families

**We Really Care**

# Our Purpose

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- **Educate:** Promote understanding of children's mental health and respect for families.
- **Empower:** Provide a broad network, increase membership. Be a strong voice, be proactive, be visible to public. Work with Government.
- **Support:** Provide timely, accurate, concrete, appropriate information. Provide compassionate guidance. Offer peer support.

# PCMH Programs & Services

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- Educational workshops
- Peer to Peer support
- Family Support Provider
- Family Engagement Training
- Consultation
- Community Mobilization



# Community Self-Help Groups

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- Peer-led support groups are offered throughout the province.
- Groups are on-going in nature, facilitated by peer volunteers, who often bring in subject matter experts or speakers to provide support, education and information on specific issues or matters.

# Family Support Provider

- Specifically trained peer mentors (family support providers) linked with families accessing child and youth mental health services
- FSPs identify family strengths/needs and identify both formal and informal family supports
- FSPs work with families to develop a family support plan (focused on strengths and capacity building of the family)
- FSPs work with all members of the family team to develop a single, coordinated, and integrated treatment plan
- FSPs provide ongoing emotional, navigation, and peer to peer support to family
- FSPs provide ongoing consultation and support to community-based mental health agencies in providing services to families

# Contact Information

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