



## **SUPPORTING MENTAL HEALTH NEEDS FOR NEWCOMER AND REFUGEE FAMILIES**

*The following document outlines information for getting help for Newcomer and Refugee children/youth with mental health needs.*

While it is expected that the initial health assessment for refugee children and youth will be completed by the primary care physician, the mental health screening that takes place as part of this overall assessment may indicate a low to moderate risk for mental health concerns. In this case, it is recommended that community based child and youth mental health services be the first line of service accessed.

- A complete list of community mental health resources can be accessed at [www.ementalhealth.ca](http://www.ementalhealth.ca).
- A list of resources specific to Immigrants and Newcomers can be accessed at [www.ementalhealth.ca/index.php?m=heading&ID=278](http://www.ementalhealth.ca/index.php?m=heading&ID=278).

The National Child Traumatic Stress Networks' refugee trauma task force provides a comprehensive prevention and intervention response for children and youth presenting with signs of trauma. Recommendations dependent on the level of risk can be accessed at:

- <http://learn.nctsn.org/mod/book/view.php?id=4518&chapterid=16>

If you are a physician and would like to receive a telephone consultation with a Child and Adolescent Psychiatrist regarding treatment options for your patient, please contact Cindy Dawson, Team Leader for CHEO's Centralized Mental Health Intake at 613-737-7600 ext. 1391.

If you participate in e-consultation services, you can immediately access CHEO specialties, including psychiatry through the usual format. If you are not yet registered for this service, you can send an email to [econdultssupports@lhinworks.on.ca](mailto:econdultssupports@lhinworks.on.ca). For additional information on this service, please see [www.cheo.on.ca/en/eConsult](http://www.cheo.on.ca/en/eConsult).

If your patient is experiencing severe mental health symptoms, please place a referral to Centralized Mental Health Intake in order to link to specialized psychiatric and mental health outpatient services at CHEO and The Royal Youth Program. **A physician's referral is required in order to access services.** The Intake form is available at <http://www.cheo.on.ca/en/MentalHealthReferrals>.

In case of emergency, the patient and family should be advised to go directly to the CHEO emergency department or their local emergency department for a mental health assessment.

If you have any questions about this pathway or wish to speak to the CHEO Intake Worker about your patient, please feel free to contact Cindy Dawson at 613-737-7600 ext. 1391 from Monday to Friday 8 am - 4 pm.