



There are a lot of ways we can help support our campers who have ADHD, Anxiety and OCD be more successful at camp. That starts with understanding what they are.

ADHD

<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/add-adhd/what-causes-adhd>

<https://www.understood.org/en/learning-thinking-differences/signs-symptoms/could-your-child-have/signs-of-adhd-at-different-ages>

Anxiety

https://www.anxietycanada.com/general/anxiety-101/?_ga=2.8497719.382124641.1623358101-859032887.1623358101

OCD

<https://www.aboutkidshealth.ca/Article?contentid=285&language=English>

How to manage *stress/anxiety of Covid* ONE PAGER:

<https://www.drlisadamour.com/wp-content/uploads/2021/04/How-to-Manage-Anxiety-Under-COVID-19-English.pdf>

Mental Health Activities

Different people deal with stress/worry differently. Below are some activities you could try to help teach your campers some healthy coping skills.

<https://smho-smsso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/>

Bedtime rituals

- The bedtime routine should be a calm, meaningful bookend to the day. The types of rituals listed below become tools that madrichim can utilize to help control the environment to help the chanichim transition to sleep;

https://docs.google.com/document/d/1SKdKm54rAY8ptfmesd-TQF_nZ0J-iyJm7v3eI5JujDc/edit

Staff Mental Health and self-care:

Although we cannot have our traditional out-of-camp days off, we can still have time off and recreate the feelings around the experiences that we would typically have from those experiences. It's also important to take care of ourselves so we can have the necessary energy to be there for those who are relying on us.

<https://smho-smso.ca/wp-content/uploads/2019/08/Personal-Resiliency-Tips-for-Helpers-Who-Support-Students.pdf>

<https://www.calm.com/>

<https://stafflounge.jewishcampathome.org/>

Confidential resources, support, and referral:

<https://kidshelpphone.ca/>

<http://www.mentalhealthto.ca/>

<https://www.ementalhealth.ca/Toronto/Home/index.php?m=home>

Summer camp specific resource hubs:

<https://www.acacamps.org/resource-library/research/healthy-camp-toolbox>

<https://jewishcamp.org/campopedia/>