

Child and Youth Mental Health Resources – An Overview

Resources for Youth

AnxietyBC Youth Website and MindShift App

Website: youth.anxietybc.com | MindShift App: anxietybc.com/mobile-app

A youth-driven website with resources for managing anxiety, tips and strategies and an explanation of various types of anxiety. AnxietyBC has also developed MindShift, a free mobile app to help teens and youth cope with anxiety.

Dealing with Depression

dwdonline.ca

The Dealing with Depression mobile-optimized site provides useful on-the-go strategies to help teens understand low mood and depression and how to apply effective coping skills.

Early Psychosis Intervention

earlypsychosis.ca

Includes information and resources about psychosis, about getting help, and what to do after diagnosis.

mind your mind

mindyourmind.ca

A site where youth can get information, resources and the tools to manage stress, crisis and mental health.

mindcheck.ca

mindcheck.ca

A youth and young adult-focused interactive website with quizzes, self-help tools, website links, and assistance in connecting to local professional resources across BC.

Youth in BC

Free online chat (daily from 12 pm – 1 am): youthinbc.com | 24-hour distress line (toll-free): 1-866 661-3311

A program that connects youth with crisis support, information, and resources. They also have a distress line specifically for youth affected by violence (youthagainstviolenceline.com | Toll-free (24/7): 1-800-680-4264).

Resources for Children & Families

BC Confederation of Parent Advisory Councils - Speaking Up! A Parent Guide to advocating for students in Public School

bccpac.bc.ca/resources/speaking

A step-by-step guide developed by BCCPAC for parents. It provides information about how the school system works, outlines parents' and students' rights and responsibilities, and has self-help strategies for supporting student self-advocacy.

Centre for Addiction and Mental Health – Mental Health and Addiction 101 Online Tutorial

camh.ca/en/education/Patients-Families-Public/public/mental_health_and_addiction_101_series/Pages/mental_health_and_addiction_101_series.aspx

A series of free, quick, easy-to-use online tutorials on topics related to substance use and mental



Resources for Parents & Families (cont'd)

health.

FRIENDS for Life Program

A school- and home-based anxiety prevention program that aims to help children and teens cope with feelings of fear, worry, and depression by building resilience and self-esteem, and teaching cognitive and emotional skills.

- School-based program: mcf.gov.bc.ca/mental_health/friends.htm
- Home-based program (programs for ages 4-7 and 9-13): friendsparentprogram.com

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | [youtube.com/KeltyMentalHealth](https://www.youtube.com/KeltyMentalHealth)

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. In addition, the Centre offers resources on eating disorders for all ages. Peer support is available for youth, parents of children with mental health or substance use challenges, as well as individuals of any age struggling with an eating disorder.

Kids Help Phone

Toll-Free: 1-800-668-6868 | kidshelpphone.ca

24-hour, bilingual and anonymous phone counselling, referral, and online resources for children.

The F.O.R.C.E. Society for Kids' Mental Health

Tel: 604-878-3400 | Toll-Free: 1-855-887-8004

forcesociety.com

The FORCE provides peer support and mentorship to parents and youth, from parents and youth who have lived experience with mental health challenges, as well as monthly 'in the know' educational events available online or in person across BC.

From Grief to Action

fgta.ca

From Grief to Action provides support and resources to families and friends affected by drug use, including specific resources for parents.

Resources for Healthcare Providers

BC Mental Health and Substance Use Services

bcmhsus.ca

BC Mental Health and Substance Use Services (BCMHSUS) is an agency of the Provincial Health Services Authority. The BCMHSUS website offers information about finding mental health and substance use services in BC. It provides information and referral forms inpatient and outpatient programs and services provided by BCMHSUS.

Family Physician Guide

health.gov.bc.ca/library/publications/year/2008/fpg_full.pdf

Information for family physicians on depression, anxiety disorders, early psychosis and substance use disorders. This guide provides information sheets for patients and families and are available in other languages including Chinese, Korean, Punjabi, Spanish and Vietnamese.

Kelty Mental Health Resource Centre – Healthy Living, Healthy Minds: A Toolkit for Health Professionals

keltymentalhealth.ca/toolkits

Information and resources for health professionals to discuss healthy living specific to child and

youth mental health. Includes assessment tools, key messages for families, and handouts that can be easily photocopied and given to children and youth within a visit. Healthy Living Toolkits for Families are also available.

Open Mind BC

openmindbc.ca/doctors

An information hub containing mental health tools and resources for youth, families, teachers and health care providers.

Practice Support Program Learning Modules on Child & Youth Mental Health

gpscbc.ca/psp-learning/module-overview/child-and-youth-mental-health

The learning module is a resource for family physicians that contains information on how to identify, assess, manage and treat children and adolescents with mental health disorders. There are screening tools, resources, videos, success stories and practice interviews.

**Resources for
School
Professionals**

mindcheck.ca “Stop Wondering, Start Knowing”: A Mental Health School Video Resource

mindcheck.ca/schools

A school resource for grades 8 to 10. It can also be used for other groups at the discretion of the educator. The goals of the resource are to: better understand and be more aware of mental health; recognize the early signs of mental health challenges; reflect and share ideas about mental health; help decrease stigma around mental health; and learn about resources available for support.

Here to Help - School Resources for BC

heretohelp.bc.ca/schools

Produced by the BC Partners for Mental Health and Addictions Information, this catalogue provides information on BC Partners resources and lesson plans that school professionals can draw upon to both educate and assist students in matters related to mental health and substance use.

TeenMentalHealth.org

teenmentalhealth.org/care/educators/

A comprehensive and evidence-based mental health literacy resource for teachers, parents, youth and health providers.

**Support
Services**

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keltymentalhealth.ca | [youtube.com/KeltyMentalHealth](https://www.youtube.com/KeltyMentalHealth)

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Alcohol and Drug Information & Referral Service

Tel: 604-660-9382 or Toll-Free 1-800-663-1441

Worried about drug and alcohol use? Whether it's for yourself or someone you care about, you can call the Alcohol and Drug Information and Referral Service for information, options and support.

Child and Youth Mental Health

www.mcf.gov.bc.ca/mental_health

Child & Youth Mental Health offers walk-in intake clinics that do not require a physician referral. Contact your [local office](#) for more information. Also has information about mental health services and resources provided for children and youth by the BC government, including an online map of BC services provided by the Ministry of Children and Family Development, health authorities and community agencies.

Mental Health Support Line

Tel: 310-6789 (no area code)

A phone line that provides emotional support, information and resources specific to mental health.