

Mental Health & Substance Use Resources for Youth

Websites & Apps

AnxietyBC Youth Website <http://youth.anxietybc.com/>

A youth-driven website with resources for managing anxiety, tips and strategies and an explanation of various types of anxiety.

Breathr Mobile App <http://keltymentalhealth.ca/breathr>

The Breathr app helps introduce the concept of mindfulness and create an easy access point for those who are new to this practice.

Dealing with Depression www.dwdonline.ca/

A Canadian website providing useful and on-the-go strategies to help teens understand low mood and depression, and to learn and apply effective coping skills.

Drug Cocktails www.drugcocktails.ca/

Created for youth to help them “get the facts” about the effects and risks of mixing medications they take with substances like cigarettes, alcohol, marijuana and other street drugs.

Early Psychosis Intervention earlypsychosis.ca

Provides comprehensive resources about Early Psychosis Intervention (EPI) for BC residents. Includes information about psychosis and getting help, and what to do after diagnosis.

Erase Bullying www.erasebullying.ca

Provides information on a variety of topics related to bullying, including cyber bullying, and allows parents and youth an opportunity to report bullying. Offers information and resources through videos and online posts on signs of bullying and how to get help.

Foundrybc.ca www.foundrybc.ca/

Foundrybc.ca provides easy access to mental health and wellness tools and strategies for young people ages 12-24 across BC. Beginning in 2018, all information from mindcheck.ca is available on foundrybc.ca. Foundrybc.ca complements the provincial network of Foundry Centres in BC.

Jack.org www.jack.org/

A website that contains links to help students, parents and educators learn how to open up the conversation about mental health and encourage youth to take care of themselves and their peers.

MindShift Mobile App <http://anxietybc.com/mobile-app>

The MindShift App will help you learn how to relax, develop more helpful ways of thinking, and identify active steps to help you take charge of your anxiety.

Mind Your Mind www.mindyourmind.ca

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

NIDA for Teens teens.drugabuse.gov

NIDA for Teens provides science-based facts about how drugs affect the brain and body so youth have the information to make healthy decisions.

Teen Mental Health www.teenmentalhealth.org

An evidence based site providing a wide range of educational materials and tools in various formats designed to meet the mental health care and information needs of young people.

Mental Health & Substance Use Resources for Youth (*continued*)

Support Services

Alcohol and Drug Information & Referral Service Tel: 604-660-9382 | Toll Free: 1-800-663-1441
Worried about drug or 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.

Bullying Canada (24/7) www.bullyingcanada.ca | Toll Free: 1-877-352-4497
Bullying Canada is a bullying support service run by youth for youth, providing phone and online chat resources.

Crisis Line Association of BC (24/7) Toll-free: 310-6789 | 1-800-SUICIDE (1-800-784-2433)
www.crisislines.bc.ca
Available 24/7 the Crisis Line provides mental health support, information, and resources for people who are distressed as well as their friends and families.

Kelty Mental Health Resource Centre Tel: 604-875-2084 | Toll-Free: 1-800-665-1822
www.keltymentalhealth.ca | keltycentre@cw.bc.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)
Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

Kids Help Phone (24/7) www.kidshelpphone.ca | Toll free: 1800-668-6868
Provides anonymous and confidential phone and online counselling for people under the age of 20.

Youth Against Violence Line (24/7) Toll Free: 1-800-680-4264 | Text: 604-836-6381
info@youthagainstviolenceline.com
A 24/7 live help, multi-lingual line where youth can talk one-on-one, in confidence and anonymously to a support worker.

Youth in BC (24/7) <http://youthinbc.com> | Toll Free: 1-866-661-3311
Youth in BC run a 24/7 crisis-line, and also offer support via online chat from 12pm-1am. They also have information and resources for youth on their website.