

# Mental Health Resources for Newcomer Children & Youth

## Websites

**Anxiety BC** <http://www.anxietybc.com/other-languages>

*Topics:* Anxiety and related topics, including realistic thinking, facing fears, and perfectionism.

*Languages:* Traditional Chinese, Simplified Chinese, French, Punjabi,

**BC Partners for Mental Health and Addictions Information** [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

*Topics:* General mental health topics. Fact Sheets for patients and families on various disorders.

[www.heretohelp.bc.ca/publications/factsheets/cross-cultural](http://www.heretohelp.bc.ca/publications/factsheets/cross-cultural)

*Languages:* Arabic, Simplified Chinese, Traditional Chinese, English, Farsi, French, Korean,

Punjabi, Russian, Spanish, Japanese, Vietnamese [www.heretohelp.bc.ca/other-languages](http://www.heretohelp.bc.ca/other-languages)

**Canadian Immigrant** [canadianimmigrant.ca](http://canadianimmigrant.ca)

*Topics:* A website designed to help all newcomers to Canada. The family section includes parenting tips and the immigrant stories section gives personal stories from immigrants to Canada, showing how they coped with a wide variety of aspects of adapting to Canadian life.

*Languages:* English

**Early Psychosis Intervention** [www.earlypsychosis.ca](http://www.earlypsychosis.ca)

*Topics:* Early psychosis support resources, including: what psychosis is, causes of psychosis, drugs and alcohol, treatment, lifestyle, medications, social support, and stress management.

*Languages:* English, French, Punjabi, Hindi, Simplified Chinese

**F.O.R.C.E. Society for Kids' Mental Health** <http://www.forcesociety.com/resources>

*(Scroll down to the bottom of the page to see the tip sheets in different languages).*

*Topics:* What to Expect From Your Family Physician; What to Expect From Your Child's School and What to Expect From Mental Health Services

*Languages:* English, Simplified Chinese, Traditional Chinese, Punjabi

**Kelty Mental Health Resource Centre** <http://keltymentalhealth.ca/cc>

*Topics:* Cross-Cultural Mental Health Resources, including translated resources, available.

*Languages:* English, French, Simplified Chinese, Traditional Chinese, Farsi, Punjabi and Korean

**Mindcheck.ca** [mindcheck.ca](http://mindcheck.ca)

*Topics:* A youth and young adult-focused website that encourages the early identification of mental health and substance use issues, and connects youth to mental health resources and supports.

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## Videos

**Families, Together: Supporting the Mental Health of Children and Youth**

<http://keltymentalhealth.ca/familiestogether>

Features families from different cultural backgrounds sharing their experiences supporting a child with a mental health challenge, and health professionals sharing insights on how families can support the mental well-being of children and youth.

*Languages:* English, Farsi, French, Korean, Punjabi, Simplified Chinese and Traditional Chinese.

**Mental Health System Navigation Videos**

<http://keltymentalhealth.ca/system-navigation-videos>

Two videos that help families who are looking for support for their child's mental health. The first video helps families to understand the mental health system in BC. The second video talks about how families can prepare for a first meeting with a health professional.

*Languages:* English, Farsi, French, Korean, Punjabi, Simplified Chinese and Traditional Chinese.

## Mental Health Resources for Newcomer Children & Youth (cont.)

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### **Open Doors Project: Mental Health + Equity + Diversity**

[http://www.youtube.com/watch?v=mJf6lGmjFhY&list=HL1330451736&feature=mh\\_lolz](http://www.youtube.com/watch?v=mJf6lGmjFhY&list=HL1330451736&feature=mh_lolz)

The video features immigrants to Canada discussing the intersection between mental health and social determinants of mental health such as race and social exclusion.

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### Toolkits

#### **Healthy Living Toolkits for Families**

<http://keltymentalhealth.ca/toolkits-families>

The toolkit includes information on healthy living for families who have a child or youth with mental health challenges, worksheets and tools and tips from families across B.C.

*Languages:* English, French, Punjabi, Farsi, Korean, Simplified Chinese and Traditional Chinese.

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### Support Services

#### **Immigrant Service Society of British Columbia (ISS of BC)**

[www.issbc.org](http://www.issbc.org)

Provides support services for immigrants and refugees to help them start their new lives in Canada. Programs for children and youth include the MY Circle Program, which provides support for immigrant and refugee youth to provide peer support for other newcomer youth, and Reaching for Success, a program that provides learning opportunities to immigrant and refugee children.

<http://issbc.org/prim-nav/programs/Settlement-Services>

**Kelty Mental Health Resource Centre** Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

[keltymentalhealth.ca](http://keltymentalhealth.ca) | [keltycentre@cw.bc.ca](mailto: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.

#### **MOSAIC**

[www.mosaicbc.com](http://www.mosaicbc.com) | (604) 254-3932

Offers settlement, employment and counselling programs for immigrants and refugees as well as interpretation services. They offer many programs such as the Newcomers' Centre for Children and Families, HIPPIY – At Home in Canada Project, Family Support Programs and Building Blocks.

#### **SUCCESS Children, Youth, and Family Services**

[www.success.bc.ca](http://www.success.bc.ca) | (604) 408-7266

Their Children, Youth, and Family Services promote family health through a variety of educational and counselling programs. They offer translation and interpretation services in over 12 languages.

#### **Vancouver Association for the Survivors of Torture**

<http://vast-vancouver.ca/> 604-299-3539

Promotes the mental health and healing of refugees through trauma-focused counselling and community-based support for individuals and families. They offer services in more than a dozen languages.