

Mental Health Supports & Resources for School Communities

The BC Children's Health Promotion team and Kelty Mental Health Resource Centre offer a variety of free services, supports and resources specifically for school communities. Our teams can assist professionals working to support the mental health and well-being of children, youth and families in BC schools.

We offer:

- Support with school mental health promotion planning and implementation
- Resources and support for parents and caregivers
- Support for school counsellors who are providing mental health and substance use care to students

For District Champions for Mental Health Promotion

Our **School Mental Health Promotion** team supports district-level staff, community partners and champions leading mental health promotion work in schools by providing resource development and navigation, professional development and consultation.

No matter where your district is in its mental health promotion journey, if you have a question about mental health promotion in schools, need consultation or advice, or are looking for resources contact us at: schoolmentalhealth@cw.bc.ca

Recently developed resources for school professionals:

Webinars

- [Social Emotional Learning with a Cultural Lens](#)
- [School Anxiety & Attendance Challenges](#)
- [Selective Mutism & Reluctant Speakers](#)

Podcasts

- [When School Staff are Well, Students are Too - Strategies to Avoid Burnout](#)
- [Stronger Together: Promoting Mental Wellness in Rural and Remote Schools](#)
- [Social and Emotional Learning: Supporting Kids at Home and School](#)

Videos

The [School Mental Health Spotlight videos](#) highlight and share the stories behind great resources, tools, and ideas created in schools and school districts around BC to support school community mental health.

For more resources,
visit
[keltymentalhealth.ca/
school-professionals](http://keltymentalhealth.ca/school-professionals)

For Parents and Caregivers

The Kelty Mental Health Resource Centre provides mental health and substance use information, resources, and parent peer support to families across BC.

School professionals are encouraged to let the families in their communities know about the services offered by the Kelty Centre:

- Peer support from FamilySmart Parent Peer Support workers
- Information and resources on a wide range of mental health and substance use challenges affecting children and youth
- Help navigating the mental health and substance use system
- Options for support, treatment and networks in BC
- Resources for individuals of any age with an eating disorder or a disordered eating concern
- Free educational events, webinars, and podcasts, including webinars on supporting children with school anxiety.

The Kelty Centre is available Monday-Friday 9am-5pm over the phone (1-800-665-1822), email (keltycentre@cw.bc.ca), video call or in person at BC Children's Hospital.

keltymentalhealth.ca

For School Counsellors

Compass Mental Health is a great resource for school counsellors and school mental health clinicians, specifically those in rural and remote schools. Compass connects community care providers across BC to the information, advice and resources they need to provide timely and appropriate mental health and substance use care to children and youth close to home.

The Compass team includes child and adolescent psychiatrists, registered psychiatric nurses, psychologists, clinical counsellors, social workers and an Indigenous care coordinator who can support school counsellors with:

- Risk assessment and safety planning (self harm, suicidality)
- Diagnostic support - screenings and brief assessment tools
- System and resource navigation
- Supporting an Indigenous care lens

Compass also has educational resources available on the Compass website including toolkits, webinars, and lunch & learns.

Learn more: [Compass 101 Webinar for BC School Counsellors](#)

Compass is available Monday-Friday 9am-5pm by calling 1-855-702-7272.

compassbc.ca

To receive the latest updates for school professionals, [sign up here](#) for the Kelty Newsletter for School Professionals.