

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 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 peer support for parents and caregivers
- Support for school counsellors and other clinicians who are providing mental health and substance use care to students

For District Champions for Mental Health Promotion

The School Health Promotion team supports district-level champions and community partners by providing resources, professional learning and consultation. Our Practice Support Coaches can answer questions related to school mental health promotion; provide support navigating and selecting evidence based resources and programs; help create or refine district wide mental health plans; and help interpret and use data.

If you have a question about mental health promotion in schools for our coaches 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](#)
- [Protective Factors for Student Mental Health and Well-being](#)
- [Youth Inspiring Action for Mental Health: Video Toolkit Premiere](#)
- [Introducing the Language Matters Resource for School Communities](#)

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](#)
- [Promoting Student Wellbeing: The ABC's of Substance Use Education](#)

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



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

For Parents and Caregivers

BC Children's 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 range of mental health and substance use challenges for children and their families up to age 25
- Help navigating the mental health and substance use system
- Options for support, treatment and networks in BC
- Resources for parents/family of children with an eating disorder or a disordered eating concern
- Free educational events including [webinars](#) and our [Where You Are](#) podcast

The Kelty Centre is available Monday-Friday 9:30am-5pm by toll-freephone (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 clinical toolkits, webinars, and curated resources for mental health care providers.

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.