

BC Children's Kelty Mental Health Resource Centre



NEW Content for BC Parents & Caregivers

The Kelty Centre has **new** content on key child and youth mental health and substance use topics for parents, caregivers, and families.

Check out our new website content, podcast episodes, and webinar recordings below.

Website Content



- **Medication Information Sheets**: Our popular child & youth mental health medication information sheets are updated with new content and a new format, making the handouts modern, shorter and easier to read.
- **Trauma & PTSD**: Our new content goes through signs & symptoms of trauma in children, how parents and caregivers can talk to and support their child, and evidence-based treatment options.
- **Substance Use**: Check out our new content which offers parents and caregivers information on how to talk with their child about substance use, and what to do if they are concerned about problematic substance use.
- **Sensory Processing Challenges**: Information on what sensory processing challenges can look like, and how parents and caregivers can support their child.

Where You Are Podcast Episodes



- [Substance Use: Talking alcohol, vaping & other drugs with your kids](#)
- [Eating Disorders: How Parents Can Play an Active Role in Recovery](#)
- [No Shortage of Questions: FAQ's from BC Parents & Caregivers](#)

Listen to all episodes at keltymentalhealth.ca/podcast or find us wherever you listen to podcasts.

Webinars



- [Supporting Children and Youth Who Have Experienced Trauma](#)
- [Eating Disorders in Youth: A Webinar for Parents & Caregivers](#)

Looking for more information on these and other topics?

Connect with a parent peer support worker at the Kelty Centre to discover additional resources, learn more about support and treatment options, or just to find a listening ear. All services are free of charge and no referral is required.