



Mental Health and Wellness Resources and Supports

We are so glad you reached out to Child and Youth Mental Health (CYMH) services for support with mental health and wellness challenges.

This brochure was made for youth and/or parents and care providers and highlights some information, supports, and resources to help you on your journey.

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Ministry of
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Development





Holistic (Overall) Health

We all experience the mind-body connection constantly and our thoughts and emotions influence our physical sensations, health and wellness, and vice versa.

 **Kelty Mental Health** explains the mind-body connection and what it can mean for mental health and wellness challenges keltymentalhealth.ca/somatization


If you are struggling with feeling low energy, irritable, sad, forgetful or anything else that feels “off,” you may want to speak to a doctor about getting medical tests done to check if there are any underlying medical conditions that are causing the symptoms.

This webpage may help with preparing for doctor’s appointments:
heretohelp.bc.ca/infosheet/working-with-your-doctor-when-you-have-depression


Sleep, what we eat, how active we are, our connections to others and ourselves all impact our mental health and wellness, they can all be extra challenging when we’re struggling.

Physical Activity


 **Foundry BC** active living 101 foundrybc.ca/articles/active-living/?return_page=11909

 **HealthLink BC** physical activity ideas for teenagers
healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/physical-activity-infants-children-and-youth-2








Balanced Eating

 **First Nations Health Authority** tips, strategies, and resources for eating healthy
fnha.ca/wellness/wellness-for-first-nations/wellness-streams/eating-healthy




 **Kids Help Phone** nutrition tips to fuel your body
kidshelpphone.ca/get-info/nutrition-tips-to-fuel-your-body

 **Kelty Eating Disorder** information, resources and supports for those who are or think they might be experiencing disordered eating or an eating disorder keltyeatingdisorders.ca




Connection and Relationships

-  **Kids Help Phone** guide for youth to have difficult conversations with parents/care providers kidshelpphone.ca/get-info/how-can-i-talk-to-a-parent-caregiver-about-something
-  **Smart Sex Resource** information about sexuality and sexual health smartsexresource.com
-  **BC Society of Transition Houses** digital toolkit: supporting teens experiencing dating violence bcsth.ca/teendigitaldatingviolence
-  **Foundry BC** information and supports to manage relationships with family, friends and dating foundrybc.ca/resource/relationships
-    **Sex Sense** free, pro-choice, sex-positive, confidential sexual health resource and referral service available Mon-Fri 9 a.m.-9 p.m. Call [1-800-739-7367](tel:1-800-739-7367) or use the email form optionsforsexualhealth.org/sex-sense



Mindfulness

-  **“Leaves on a Stream”** video helps you notice your thoughts and then learn to let them go youtube.com/watch?v=r1C8hwj5LXw
-  **HealthLink BC** breathing exercises for relaxation www.healthlinkbc.ca/illnesses-conditions/rehabilitation-and-exercise/stress-management-breathing-exercises-relaxation
-  **MindShift CBT** smart phone app anxietycanada.com/resources/mindshift-cbt
Calm.com smart phone app calm.com
Breathr smart phone app keltymentalhealth.ca/breathr

Sleep

-  **Anxiety Canada** tips on how to get better sleep anxietycanada.com/sites/default/files/SleepHygiene.pdf
-  **Kids Help Phone** sleep tips kidshelpphone.ca/get-info/all-night-get-better-sleep-these-tips
-  **Here to Help** information on how to improve your sleep, including a sleep diary heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep

Spiritual Wellbeing

-  **Kids Help Phone** article on art, family and spiritual well-being kidshelpphone.ca/get-info/judy-cruz-anderson-on-art-family-spiritual-well-being
-  **First Nations Health Authority** tips for nurturing spirit fnha.ca/wellness/wellness-for-first-nations/wellness-streams/nurturing-spirit





Common mental health and wellness challenges


When we read information that feels validating and that we identify with, it can be tempting to self-diagnose. A diagnosis may not always be needed to learn about yourself and get the support you need. It is important to connect with a medical and/or mental health professional to discuss your thoughts, concerns, and to find out what works for you.



Anxiety





Anxiety is normal and experienced by everyone and is how our brain and body keep us safe. Anxiety becomes a challenge when our brain and body tell us there's a threat when there isn't one. People can experience anxiety through feeling nervous, worried or stressed as well as through physical sensations.

 **“The Struggle Switch”** video by Dr. Russ Harris explores how when difficult feelings appear the struggle switch in our minds can turn ON and we start to struggle with and attempt to push our feelings away youtube.com/watch?v=rCp1l16GCXI

 **Anxiety Canada** for information, resources, videos, podcasts, courses and more anxietycanada.com

 **“How to make stress your friend”** video explores how to see stress as a positive and the benefits of reaching out to others for stress reduction ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

  The **Y Mind** anxiety program (for ages 13-18) offered through many YMCAs across B.C. ymca.ca/search?q=y+mind+BC


    **Bounce Back** offers coaching (referral required), online modules and videos (no referral required) to help those 15 and older manage mild to moderate anxiety and depression, stress, or worry bouncebackbc.ca


 **Stresslr** smart phone app kelymentalhealth.ca/info/stresslr





Depression

It is normal to feel sad or have a low mood sometimes. Depression is a very low mood that doesn't go away on its own and makes it hard to feel happy or enjoy things you used to do, like spending time with others or enjoying a hobby. Depression impacts our brain, thoughts, feelings, focus, and our body, such as less energy, trouble sleeping, no appetite and body aches and pains.

 **"I Had a Black Dog, His Name was Depression"** video using the metaphor of a gloomy dog to describe the experience of coping with depression [youtube.com/watch?v=XiCrniLQGYc](https://www.youtube.com/watch?v=XiCrniLQGYc)







 **Here to Help** dealing with depression for youth
heretohelp.bc.ca/infosheet/for-youth-dealing-with-depression

 **Dealing with Depression** antidepressant skills for teens website dwdonline.ca and printable workbook with information and coping skills to prevent or overcome depression
www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/dealing_with_teen_depression_writable.pdf

 **Bounce Back** offers coaching (referral required), online modules and videos (no referral required) to help those 15 and older manage mild to moderate anxiety and depression, stress, or worry bouncebackbc.ca




Neurodiversity

Neurodiversity means that we all experience, interpret, and interact with the world in unique ways. A neurodivergent person experiences, interprets, and interacts with the world in ways that may not fit societal or neurotypical expectations. Some may experience difficulties with memory, learning, language and speech, behaviour, motor skills, or other brain functions and some may be more vulnerable to mental health and wellness challenges. Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Dyslexia, Fetal Alcohol Syndrome (FASD), intellectual disabilities, sensory process challenges and Tourette's Syndrome are all examples of neurodivergent conditions.

-  **ADDitude Magazine** article written in support of parents processing and accepting their child's neurodiversity additudemag.com/neurodivergent-diagnosis-accept-your-child
-  **Understood.org** resources and support so people who learn and think differently can thrive — in school, at work, and throughout life [understood.org](https://www.understood.org)
-  **MCFD Children and Youth with Support Needs (CYSN)** information, programs and service providers who can provide supports for children, youth, and their parents/care providers www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs
-   **BC Autism Assessment Network** information, resources, to connect children, youth and their families to autism and complex developmental behaviour assessments phsa.ca/our-services/programs-services/bc-autism-assessment-network
-  **Centre on the Developing Child** activities guides to enhance and practice executive function skills with children from infancy to adolescence developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence






Attention-Deficit/Hyperactivity Disorder (ADHD)

Most people have a hard time concentrating or sitting still at one time or another. However, ADHD can show up as challenges with hyperactivity and impulse control, needing to move all the time, acting or speaking without thinking, having a hard time focusing, starting or completing tasks and remembering things.












-  **Here to Help** information and resources about ADHD in children and youth heretohelp.bc.ca/infosheet/attention-deficit-hyperactivity-disorder-in-children-and-youth
-  **Understood.org** information and resources on ADHD and other learning and thinking differences [understood.org/en/articles/what-is-adhd](https://www.understood.org/en/articles/what-is-adhd)
-  **ADDitude Magazine** articles, webinars and resources on ADHD additudemag.com

Suicidality and Non-Suicidal Self-Harm

Suicidality can show up in different ways, as thoughts (also called ideations), behaviours or actions. You can be affected by it whether it's your own thoughts/actions or someone you know. It can be hard to understand why you or someone you know is having these thoughts and hard to talk about if you are worried about how others will react. Non-suicidal self-injury (also called self-harm) is when someone hurts themselves physically without the intent to die. Some people who self-harm also have suicidal thoughts, but not all, and people self-harm for many different reasons. If you know someone experiencing suicidal thoughts or self-harm, it is important to let them know you care and to listen without judgement.





-  **Kids Help Phone** things to know about suicide kidshelpphone.ca/get-info/suicide-important-things-to-know
-  **Foundry BC** information and resources about self-injury foundrybc.ca/resource/self-injury
-  **Here to Help** information and resources about self-harm heretohelp.bc.ca/infosheet/self-harm
-  **Need2** General suicide information need2.ca/get-educated/general-suicide-information
-  **Skin Pick** smart phone app skinpick.com/app
Calm Harm smart phone app calmharm.co.uk

If you or someone you know is in crisis, please call:

-   **Suicide hotline:** 1-800-SUICIDE or 1-800-784-2433 available 24/7
-    **Kids Help Phone** Call 1-800-668-6868 or text 686868 to get confidential support 24/7; Indigenous youth can text "First Nations," "Métis," or "Inuit" to 686868 to be connected with an Indigenous crisis responder when available kidshelpphone.ca
-   **KUU-US Aboriginal Crisis Line:** 1-800-588-8717 (available for Indigenous Peoples)
-   **Métis Crisis Line:** 1-833-Metis-BC (1-833-638-4722) available 24/7
-   **9-1-1** or your local hospital emergency department

Trauma








Trauma is the meaning we make from an event that is overwhelming or too much for us to handle. Trauma can be experienced through one event or many adding up. Something can be traumatic for one person and not others and it can show up in many different ways. The most helpful way to support someone dealing with trauma is with empathy and curiosity.

-  **Kelty Mental Health** information and resources about trauma & post-traumatic stress disorder (PTSD) keltymentalhealth.ca/trauma-and-ptsd
-  **The Wisdom of Trauma** documentary by Dr Gabor Maté, watch by donation (pay what you can) thewisdomoftrauma.com
-  **Child Mind Institute** guide to help children cope after a traumatic event childmind.org/guide/helping-children-cope-after-a-traumatic-event
-  **Kids Grief** free online resource that helps parents support their children when someone in their life is dying or has died kidsgrief.ca








Substance Use

When people are experiencing mental health and wellness challenges they may start to use or increase their use of substances or experience challenges with substance misuse. Experimenting with or using substances can also impact mental health and wellness.










-  **BC Alcohol and Drug Information and Referral Service** anyone directly or indirectly affected by substance use can call [604-660-9382](tel:604-660-9382) (in the Lower Mainland) or [1-800-663-1441](tel:1-800-663-1441) (anywhere in B.C.)
-  **National Overdose Response Service (NORS)** peer-led confidential 24/7 hotline for Canadians providing loving, private, non-judgmental support who can directly link people to emergency response in case of substance toxicity 1-888-688-6677 nors.ca
-  **Wellbeing BC** harm reduction information and resources to meet people where they are at to reduce the potential harms associated with substance use wellbeing.gov.bc.ca/substance-use/harm-reduction
-  **Mental Health & Substance Use Supports in B.C.** online directory on substance use supports available in your community www2.gov.bc.ca/gov/content/mental-health-support-in-bc
-  **HealthLink BC** for information and resources related to substance use healthlinkbc.ca/mental-health-substance-use
-  **Drug Cocktails** facts and information regarding mixing medications and other substances drugcocktails.ca
-  **Lifeguard** smart phone app lifeguarddh.com
Brave smart phone app thebraveapp.com



Indigenous Centred Resources










-    **Hope for Wellness** 24/7 helpline 1-855-242-3310 and online chat hopeforwellness.ca
-   **We Are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program** free resource to support First Nations, Métis and Inuit families across BC, whose children aged 3–12 years are struggling with big worries/fears (anxiety)
welcome.cmhacptk.ca/bigworries

First Nations Health Authority (FNHA) provides First Nations health programs across B.C. Mental health and wellness supports include:

-   **Mental Health Benefit** funding counselling services from qualified mental health providers fnha.ca/benefits/mental-health
-    **Virtual Doctor of the Day Service** virtual medical appointments fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day or 1-855-344-3800 (8:30a.m. – 4:30p.m. daily)
-   **Virtual Substance Use and Psychiatry Service** no cost referrals for substance use and addictions supports, psychiatry and diagnosis and care coordinators
fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service
-   **Métis Nation British Columbia** Métis counselling connection program providing up to 10, 60-minute counselling sessions for Métis Citizens of all ages
mnb.ca/work-programs/programs-services/metis-counselling-connection-program









LGBTQ2S+ Focused Resources

-   **Trevorspace** to connect with other LGBTQ youth aged 13-24 from around the world
trevorspace.org
-   **QChat** peer support line and resource database for 2SLGBTQ+ youth in B.C. (Sat-Thurs 6p.m.-9p.m.) qchat.ca
-    **Qmunity** queer, trans and Two-Spirit information, education, support groups, referrals and counselling (10 session reduced cost, potential waitlist) qmunity.ca or 1-800-566-1170
-   **TransCareBC Child & Youth** information, resources, to connect people to gender-affirming care and supports phsa.ca/transcarebc



Multicultural Focused Resources




-  **Multicultural Mental Health** links to culturally relevant mental health and wellness information and resources multiculturalmentalhealth.ca
-  **CAMH** information sheets for those who may be struggling and for whom English is not a first language camh.ca/en/health-info/mental-illness-and-addiction-index/information-in-other-languages
-    **Black Youth Helpline** nationwide multicultural helpline and services for children, youth, families, and those who support them to access culturally appropriate care blackyouth.ca or 1-833-294-8650 (9a.m. – 10p.m. daily)
-  **Young Minds (UK)** information on how racism can negatively impact mental health and guide to support parents and care providers in supporting children and youth who have experienced racism youngminds.org.uk/parent/parents-a-z-mental-health-guide/racism-and-mental-health









Parents and Care Providers Focused Resources

Being a parent is hard, especially when your child is struggling with mental health and wellness challenges, and you feel like you have tried everything you can think of to help them. Taking the time to support your own mental health and wellbeing by accessing resources and supports will benefit you and your family.

Connection and Relationship













-  **Brené Brown on Empathy** video exploring the meaning and actions of empathy youtu.be/1Evwgu369Jw
-  **Mental Health Foundations** for emotionally focused mental health and wellness information and training specific to parents and care providers mentalhealthfoundations.ca
-  **Connect Parenting** attachment-based program for parents and care providers offered virtually and locally across B.C. connectattachmentprograms.org

Anxiety


-  **Everyday Anxiety Strategies for Educators (EASE)** parents and care providers program healthymindsbc.gov.bc.ca/ease-at-home-k-7 (grades K-7) and healthymindsbc.gov.bc.ca/8-12 (grades 8-12) (in a variety of languages)
-  **Anxiety Canada** free online course, My Anxiety Plan, for parents/care providers supporting anxious children or teens maps.anxietycanada.com/courses/anxiety-plan-children-teens
-   **Confident Parents: Thriving Kids** anxiety program supports parents and care providers whose children (ages 3-12) are experiencing anxiety (requires a referral) welcome.cmhacptk.ca/anxiety
-  Rent “**Worry Dragon**” anxiety workbooks for free keltymentalhealth.ca/twd
-  **Treating Childhood and Adolescent Anxiety** book by Eli Lebowitz provides practical evidence-based, theory-driven strategies for parents to support children and youth struggling with anxiety

Behavioural Challenges and Emotional Dysregulation




When your child has challenging behaviours that do not match expectations, such as emotional outbursts, not listening, aggression or lack of impulse control, it is easy to focus on the behaviour. However, these are often signs that they are unable to cope with or regulate their emotions in socially accepted ways. It can be helpful for you both to identify the underlying needs behind their behaviour. Try starting from the assumption they are doing the best they can in the moment, connect with them to name and validate their emotions and identify their needs.

-  **CYMH – 10 Tips to Increase Cooperation** video by a CYMH clinician
youtube.com/watch?v=jLiO13QteFk
-  **Rolling with ADHD** free 8-module course for parents and care providers of children and youth with ADHD healthymindslearning.ca/rollingwith-adhd
-  **Kelty Mental Health** recommended resources for supporting children and youth with behavioural challenges keltymentalhealth.ca/collection/keltys-recommended-resources-behavioural-challenges
-  **Lives in the Balance** information and courses based on the Collaborative and Proactive Solutions (CPS) model to help identify underlying problems behind concerning behaviours and provides ways to solve them collaboratively and proactively livesinthebalance.org/walking-tour
-  **No Drama Discipline: The Whole-Brained Way to Calm the Chaos and Nurture Your Child's Developing Mind** book by Daniel Siegel (to age 12) refrigerator sheet drdansiegel.com/wp-content/uploads/2020/10/NDD-Refrigerator-Sheet.pdf in a nutshell summary drdansiegel.com/wp-content/uploads/2020/09/A-Note-to-Our-Childs-Caregivers-.pdf
-  **Child Mind Institute** techniques for helping kids regulate their emotions and explosive behaviours childmind.org/article/how-to-help-children-calm-down
-  **BC Association of Clinical Counsellors** article on how validation can enhance connection with your loved ones bcacc.ca/how-validation-can-enhance-connection-with-your-loved-ones
-  **Scattered Minds: The Origins and Healing of Attention Deficit Disorder** book by Gabor Maté guide to understanding, treating and healing ADHD
-     **Confident Parents: Thriving Kids** anxiety program supports parents and care providers whose children (ages 3-12) are experiencing anxiety (requires a referral) welcome.cmhacptk.ca/anxiety


Depression

 **eMentalHealth** information for parents and care providers about depression in children and youth [ementalhealth.ca/Canada/Depression-in-Children-and-Youth-Information-for-Parents-and-Caregivers/index.php?m=article&ID=8879](https://www.ementalhealth.ca/Canada/Depression-in-Children-and-Youth-Information-for-Parents-and-Caregivers/index.php?m=article&ID=8879)



Early Years

   **The Early Years** mental health and wellness information and resources provided through the BC Foster Parent Association and a foster parent phone line bcfosterparents.ca/the-early-years

 **StrongStart BC** drop-in, no cost, early learning programs for children 0-5 www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc

 **The Whole Brain Child** book by Daniel Siegel (focus birth-12) refrigerator sheet drdansiegel.com/wp-content/uploads/2020/10/WBC-Refrigerator-Sheet.pdf in a nutshell summary drdansiegel.com/wp-content/uploads/2020/09/A-Note-to-Our-Childs-Caregivers-.pdf

General Mental Health and Wellness




  **Family Smart** for mental health and wellness information, peer support, and other resources for parents/care providers familysmart.ca

Sexual Orientation and Gender Identity












  **Pflag Canada** resources and peer support for parents/care providers to support their LGBTQ2S+ children and youth pflagcanada.ca

Suicidality and Non-Suicidal Self-Harm

If your child/youth is talking about suicide, or if you are concerned that they may be suicidal, it is a serious concern. It is hopeful that they are talking about their struggles with you rather than keeping it inside.

-  **HealthLink BC** information and resources about youth suicide healthlinkbc.ca/pregnancy-parenting/relationships-and-emotional-health/warning-signs-suicide-children-and-teens
-  **Kelty Mental Health** information and resources about suicide keltymentalhealth.ca/suicide
-  **Kelty Mental Health** podcast sharing information for family members about self-harm keltymentalhealth.ca/podcasts2e1

If you or someone you know is in crisis, please call:

-   **Suicide hotline:** 1-800-SUICIDE or 1-800-784-2433 available 24/7
-    **Kids Help Phone** Call 1-800-668-6868 or text 686868 to get confidential support 24/7; Indigenous youth can text “First Nations,” “Métis,” or “Inuit” to 686868 to be connected with an Indigenous crisis responder when available kidshelpphone.ca
-   **KUU-US Aboriginal Crisis Line:** 1-800-588-8717 (available for Indigenous Peoples)
-   **Métis Crisis Line:** 1-833-Metis-BC (1-833-638-4722) available 24/7
-   **9-1-1** or your local hospital emergency department



If you feel worse or need to connect with someone

Don't underestimate the power of checking in regularly with your child/youth and/or yourself around how you're doing. If you feel worse, reach out to your local CYMH clinic and/or the following helplines:



For intake clinic locations across B.C., call 811 or visit:
gov.bc.ca/ChildYouthMentalHealthIntakeClinics



Indigenous children, youth, and families may also visit:
gov.bc.ca/IndigenousChildYouthMentalHealthServices

- Hope for Wellness** 24/7 helpline [1-855-242-3310](tel:1-855-242-3310) and online chat at hopeforwellness.ca
- Kids Help Phone** Call [1-800-668-6868](tel:1-800-668-6868) or text [686868](tel:686868) to get confidential support 24/7; Indigenous youth can text "First Nations," "Métis," or "Inuit" to [686868](tel:686868) to be connected with an Indigenous crisis responder when available kidshelpphone.ca
- Youth in BC** for online services for youth, including online chats (noon – 1a.m.)
YouthinBC.com
- Youth Space** online chat or text [778-783-0177](tel:778-783-0177) (6 a.m.-midnight daily) youthspace.ca



If you are in crisis and need immediate help

If you or your child/youth are in crisis, please call:

- Suicide hotline:** [1-800-SUICIDE](tel:1-800-SUICIDE) or [1-800-784-2433](tel:1-800-784-2433) available 24/7
- Kids Help Phone** Call [1-800-668-6868](tel:1-800-668-6868) or text [686868](tel:686868) to get confidential support 24/7; Indigenous youth can text "First Nations," "Métis," or "Inuit" to [686868](tel:686868) to be connected with an Indigenous crisis responder when available kidshelpphone.ca
- KUU-US Aboriginal Crisis Line:** [1-800-588-8717](tel:1-800-588-8717) (available for Indigenous Peoples)
- Métis Crisis Line:** [1-833-Metis-BC](tel:1-833-Metis-BC) ([1-833-638-4722](tel:1-833-638-4722)) available 24/7
- 9-1-1** or your local hospital emergency department



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