

VERNON CHILD & YOUTH MENTAL HEALTH RESOURCES

PARENTAL SUPPORT

- **SLEEP:** Ensure your child is getting enough sleep in order to better regulate emotions and cope with frustrations.
- **DIET:** Provide a balanced and nutritious diet to support your child's mental health.
- **SCREENS:** Limit screen time and content to allow for play, creativity, and family time.

VIRTUAL RESOURCES

Confident Parents: Thriving Kids

- Online program for parents with children struggling with mild to moderate behaviour & anxiety.

Family Smart

- Resources for children facing mental health challenges, including handouts and parent workshops.

Foundry BC

- Gives teens mental health resources and access to free virtual counselling. New building coming to Vernon in 2027!

Kelty Metal Health

- General information and tips on how to help children & youth experiencing mental health challenges.

STILL CONCERNED?

Consider seeing a Pediatrician after trying the services listed above OR if you think medication may be beneficial.

IN-PERSON RESOURCES

Child & Youth Mental Health (CYMH)

- Intakes within 1-2 days for moderate to severe behaviour & anxiety.
- Waitlist for one-on-one services is currently about 3 months (June 2026).

NOYFSS

- Programs for children and youth to develop emotional intelligence, interpersonal relationships, and overall wellbeing.
 - Register through their website (<https://noyfss.org/>).

Family Resource Center

- Workshops/drop-in groups (ages 0-18)!
- Many different counselling services for youth and Parents/Guardians.
 - Email (info@vernonfrc.ca) or Phone (250-545-3390) to book an appointment

Youth Integrated Services Hub (YISH)

- Educational courses and programs.
 - Visit their website or Instagram ([@cmhavernonyouth](https://www.instagram.com/cmhavernonyouth)) to see what is available!
- Family Support Services for parents and caregivers of youth struggling with mental health.
 - Phone (250)-260-3233 intercom #303 or email cmhavernon.ca.
- Drop-In Peer Support for youth.
 - Tues-Fri from 11am-5pm
- Counselling
 - To book a phone consultation call (236)-426-1403!
- Barrier-free food pantry & hygiene products.

Virtual Tour of Vernon Mental Health Resources!

