

Child & Youth Mental Health Resources

YOUTH HELPLINES



Kids Help Phone	1-800-668-6868
Indigenous Crisis Line	1-800-588-8717
Here to Help	(no area code) 310-6789
Suicide Prevention BC	1-800-784-2433
Trans Lifeline	1-877-330-6366
Hope for Wellness Hotline	1-855-242-3310
National Suicide Crisis Helpline	9-8-8

INDIGENOUS YOUTH RESOURCES



OKIB Mental Wellness Hub

- Speak with the OKIB intake worker to find the right service for you (Mon-Fri 8:00am-4:30pm).
 - Contact: 250-241-4741 & mhwhotline@okanagan.org

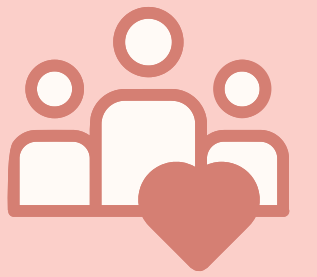
Splatsin Health Center

- Youth Counselling in Enderby (ages 5-18).

First Nation Health Authority (<https://www.fnha.ca/>)

Metis Nation Connection Program (<https://www.mnbc.ca/>)

COUNSELLING RESOURCES



YISH (Youth Integrated Services Hub)

- Drop-In Peer Support with trained professionals.
 - Tues-Fri from 11am-5pm
- Youth Counselling by appointment
 - Phone 236-426-1403 for initial consultation.

Family Resource Center

- Family Support Worker Program
 - Counselling and support for children, youth and parents/guardians.
 - 2SLGBTQIA+ informed counselling for youth and adults can be integrated into sessions if chosen.
- Sexual Abuse Intervention Program (SAIP)
 - Counselling for children, youth and families who have been impacted by child sexual abuse.
- Email info@vernonfrc.ca or Phone 250-545-3390 to book an appointment.

Foundry BC

- Free virtual counselling for youth (ages 12-24) and for Caregivers of youth.
 - Same day access OR booked appointments through website (Mon-Fri 10:00am-9:00pm and Sat-Sun 10:00am-6:00pm)
- Download the Foundry BC App to get access to all virtual resources!

PARENT RESOURCES

Confident Parents: Thriving Kids

- Anxiety & Behaviour Programs for parents with kids ages 3-12.
- Register through the website.
 - Website: <https://welcome.cmhacptk.ca/>

Kelty Mental Health

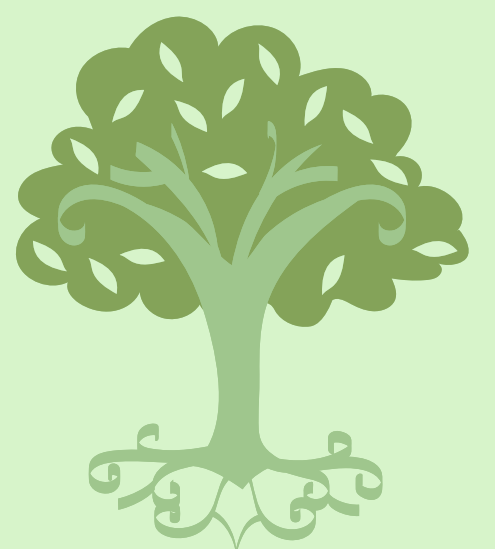
- Offers general information and support surrounding mental health in youth.
- Gives parental support as well as peer support for families in need.
 - Website: <https://keltymentalhealth.ca>

Family Smart

- Offers peer support for families with children facing mental health challenges.
- Serves Vernon and Salmon Arm bi-weekly by self-referral.
- Find videos and handouts on their website which covers a wide range of mental health issues and gives parents the tools to support their children.
 - Website: familysmart.ca

Other:

- Kids Grief: Supporting kids through grief (<https://kidsgrief.ca/>)
- Here to Help: Info sheets and workbooks for youth & parents (<https://www.heretohelp.bc.ca/>)
- Connect Parenting: Online program for parents and caregivers (<https://www.connectattachmentprograms.org/>)
- Child Mind Institute: Information for parents with children suffering with mental health challenges (<https://childmind.org/>)
- Lives in Balance: Resources for parents of children with behavioural concerns (<https://livesinthebalance.org/>)
- Pflag Canada: Resources for parents of a 2SLGBTQ+ youth (<https://pflagcanada.ca/>)
- MindShift CBT (App)



LOCAL PROGRAMS/GROUPS

Family Resource Center

Email (info@vernonfrc.ca) or Phone (250-545-3390) to register.

- Calm Kids/Calm Youth (ages 6-12): Six 1-hour sessions, \$25.00 fee.
- Little Owl Play Group/Playful Art/Natural Connections (ages 0-6): Check their website for days & times.
- Parenting Through Emotion: Three 2-hour sessions via Zoom.
- 2SLGBTQIA+ Sex Ed: Four-part workshop series for teens (ages 13-18), email rainbow@vernonfrc.ca to register.
- Access Closet & 2SLGBTQIA+ navigator: distributes gender-affirming garments & 2SLGBTQIA+ resources.

YISH (Youth Integrated Services Hub)

Register online (cmhavernon.ca/youth-services)

- Programs
 - Suicide Grief Support Group: 7-week peer-led support group for youth grieving a loss to suicide.
 - Barrier-Free Food Pantry and social events such as D&D games!
 - Sexual Health Clinic (ages 12-24): Every Thursday from 1-4pm, *day and time may change* (no registration required).
- Visit in-person or check out their Instagram (@cmhavernonyouth) for exciting new groups or programs.
- Barrier-Free Food & Hygiene Pantry for Youth.
- Family Support Services for parents and caregivers of youth struggling with mental health.
 - Phone 250-260-3233 intercom #303 or email cmhavernon.ca

NOYFSS

Check out website for programs available and to register (<https://noyfss.org/>).

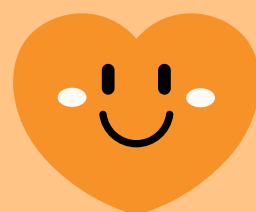
- Parent-Teen Conflict Support Group and Active Parenting Courses: available online and in-person.
- Youth at Risk: Phone 250-545-3572 to self-refer.

Whitevalley Community Resource Center

- School-based outreach for youth attending schools in the Lumby & Cherryville areas.
- Counselling services free of charge for those living in and around Lumby.
 - Fill out the form online to register (<https://www.whitevalley.ca/>).



ADHD RESOURCES



Rolling with ADHD

- Video resources by ADHD specialists with tips and strategies for parents, teachers, and teens.
 - <https://healthymindslearning.ca/rollingwith-adhd/>

NOYFSS

- Parenting a Child with ADHD
 - 12-hour program for parents with children ages 4-12 years.
 - Register online: <https://noyfss.org/>

MODERATE/SEVERE SYMPTOMS



CYMH Vernon & Salmon Arm

- Initial screening for children with moderate to severe mental health concerns (Tuesdays & Thursdays).
 - The waitlist for one-on-one services after intake is 3 months as of June 2026.
 - Vernon: 250-549-5404
 - Salmon Arm: 250-832-1719

****Mild to moderate mental health symptoms should use other resources listed.**

GENERAL ONLINE RESOURCES

Foundry BC

- Online service that gives teens the resources to take control of their mental health.
- Download the Foundry BC App to get access to all virtual resources.
- Keep an eye out for the new building coming to Vernon in 2027!

Bounce Back

- A program offered through CMHA which helps adolescents 15+ with mild to moderate mental health challenges.
 - Platforms include: guided phone coaching (4-6 sessions), online self-directed modules (20 modules) OR video series.
 - Referrals can be from a doctor, school, counsellor, or social worker.
 - Access code can be found on the YISH website (<https://cmhavernon.ca/youth-services/>).

Other:

- Youth in BC: MindFlip online program + additional resources (<https://www.youthinbc.com/>)
- QChat: Peer support line for 2SLGBTQ+ youth (<https://www.qchat.ca/>)

