



Child and Youth Mental Health Resources: An Overview

Websites

BC Ministry of Children and Family Development www.mcf.gov.bc.ca/mental_health/index.htm

Information about child and youth mental health programs and resources.

Healthy Minds Healthy Children-Promoting children's mental health in primary care www.hmhc.ca

Listing of mental health resources & links for healthcare professionals and families.

Here to Help <http://www.heretohelp.bc.ca/>

Here to Help is a website of the BC Partners for Mental Health and Addictions Information and is providing information on how to prevent and manage mental health and substance use issues.

Mindcheck.ca www.mindcheck.ca

A youth and young adult-focused interactive website with quizzes on mood & stress, reality check and substance use, self-help tools, website links, and assistance in connecting to local professional resources across BC.

Kelty Mental Health Resource Centre (604) 875-2084 ▪ 1-800-665-1822

▪ <http://keltymentalhealth.ca> ▪ www.keltyeatingdisorders.ca ▪ www.youtube.com/user/KeltyMentalHealth ▪

Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use issues. The centre also offers resources on eating disorders for all ages. Peer support is available for youth, parents and those struggling with eating disorders. Resources also available in other languages.

McCreary Centre Society www.mcs.bc.ca Go to adolescent health survey, click factsheets.

Fact sheet on mental health with statistics; reports related to youth and other health issues.

Youth AnxietyBC: <http://youth.anxietybc.com/>

A youth-driven website with resources for managing anxiety, tips and strategies and an explanation of various types of anxiety.

Teen Mental Health www.teenmentalhealth.org

A best evidence based site providing a wide range of educational materials, training programs, accredited courses and tools in various formats designed to meet the mental health care and information needs of young people, parents, teachers and other educators and health care providers.

Books/Videos/Toolkits

Booklist on mood and depression, anxiety and behavioural problems www.mcf.gov.bc.ca/mental_health/resource_lists.htm and more available at the Family Resource Library at the BC Children's Hospital www.bcchildrens.ca/frl

Child and Youth Mental Health Toolkits <http://www.shared-care.ca/toolkits>

Offers healthcare providers with the "Child and Youth Mental Health Toolkits" on ADHD, Anxiety, Autism Spectrum Disorder, Behavioural Problems, Mood Disorders, Psychosis, Substance Use, Trauma and Eating Disorders.

Family Toolkit - Module 5: Children and youth in the School System / Here to Help

www.heretohelp.bc.ca/sites/default/files/images/family_toolkit_m5.pdf

Provides information for parents who have children and adolescents with a mental illness.

Healthy Aboriginal Network thehealthyaboriginal.net

Produces comics on mental health, health and social issues for youth including suicide prevention, staying in school, gambling addiction etc.

Taking Care: CYMH/ Knowledge Network www.knowledgenetwork.ca/takingcare/intro.html

Documentary on anxiety, behaviour, depression, and psychosis.

Toolkits to address mental health and substance use issues / Consortium for Organizational Mental Healthcare (C.O.M.H.)

www.comh.ca/selfcare Workbooks on [Coping with Suicidal Thoughts](#); [Dealing With Depression](#); www.shared-care.ca/toolkits Child and Youth Mental Health Toolkits on ADHD, Anxiety, Autism Spectrum Disorder, Behavioural Problems, Mood Disorders, Psychosis, Trauma, Substance use and addictions, General Screening Tools, Healthy Child Development, Separation and Divorce.

Resources for Healthcare Providers

Mental Health and Addiction 101 Online Tutorial www.camh.net/education/Online_courses_webinars/mha101

A series of free, quick, easy-to-use online tutorials on topics related to substance use and mental health from the Centre for Addiction and Mental Health.

Healthy Living, Healthy Minds: A Toolkit for Health Professionals www.keltymentalhealth.ca click under **Healthy Living** section

The toolkit provides information and resources for health professionals across B.C. to discuss healthy living specific to child and youth mental health. It contains information on the unique obstacles children and youth with mental health challenges may face to healthy living, assessment tools, key messages for families, and handouts that can be easily photocopied and given to children and youth within a visit.

Community Healthcare and Resource Directory (CHARD) 1-877-330-7322

CHARD is a secure, web-based service for health care providers and their assistants to find detailed information on healthcare specialists including mental health.

Family Physician Guide http://www.health.gov.bc.ca/library/publications/year/2008/fpg_full.pdf

Information for family physicians on depression, anxiety disorders, early psychosis and substance use disorders This guide provides information sheets for patients and families and are available in other languages including Chinese, Korean, Punjabi, Spanish and Vietnamese.

Practice Support Program Learning Modules for GPs on Child Youth Mental Health <http://www.gpsc.bc.ca/psp/learning> (click **mental health**)

The learning module is a resource support for GPs with info on how to identify, assess, manage and treat children and adolescents with mental health disorders with screening tools, resources, videos, success stories and practice interviews.

Websites and Support for Youth

1-800-SUICIDE (1-800-784-2433) – Call for support if you are considering suicide or are concerned about someone who may be.

Alcohol and Drug Information & Referral Service 604-660-9382 Toll Free 1-800-663-1441

Crisis Line (24hrs) access through **Regional crisis lines** <http://www.crisislines.bc.ca/#!our-members> or through **310 Mental Health Support Line 310-6789** for emotional support, information and resources specific to mental health.

Dealing with Depression Web Application www.dwdonline.ca

The Dealing with Depression online resource is now available for teens experiencing low mood or depression. The site provides useful and on-the-go strategies to help teens understand low mood and depression and to learn and apply effective coping skills.

Depression Hurts www.depressionhurts.ca

Canadian website for youth on understanding depression with symptoms checklist and information about the journey for improvement and information for families and friends.

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Connect youth and young adults with Youth in Residence, they share their stories, tips for recovery and info on where to get support

Kids Help Phone www.kidshelpphone.ca Toll free 1800-668-6868

Provides bilingual, 24/7 confidential phone counseling, referral and internet services for children and youth.

Mindcheck.ca www.mindcheck.ca

BC site for youth and young adults with quizzes on alcohol & drug use, anxiety, depression and stress as well as information and support.

Mind your mind www.mindyourmind.ca

A site for youth by youth where youth can get information, resources and the tools to manage stress, crisis and mental health.

Psychosis Sucks www.psychosissucks.ca/epi The Fraser South Early Psychosis Intervention (EPI) Program website.

This site promotes early detection, educates about psychosis and provides direction for seeking help.

Reach out Psychosis <http://www.reachoutpsychosis.com/about-us/about-us/>

ReachOut is a program for youth which takes information about how to spot and get treatment for psychosis as early as possible so they can help their friends get help early through fun and interactive concert tour.

Soul2Soul www.soul2soul.ca

An interactive youth website which provides a place to talk freely about loss and to explore grief, It provides a forum for youth to share feelings, connect with other young people and find info on the grieving process and support a friend. Also includes a section specifically for parents and educators.

SUCCESS Chinese Help Lines www.success.bc.ca

Offers hotline services for Cantonese speakers 640-270-8233 and Mandarin speakers 604-270-8222 .

Teens for Teens: Help Stop Teenage Depression (US) www.teensforteens.net

Provides interactive tools and on-line support community to teens on mental health topics.

Young Minds www.youngminds.org.uk

A UK Web site – links & resources for Youth Mental Health.

Youth Against Violence Line: <http://youthagainstviolenceline.com/> 1-800-680-4264 24/7 or text (604)836-6381

Offers one-to-one support and information to help youth deal with issues of youth violence or crime.

Youth in BC: <http://youthinbc.com/> Lower Mainland: 604.872.3311 // Toll Free: 1.866.661.3311

Youth in BC is a program within the Crisis Centre. It connects youth with support information and resources through its crisis line 24 hours a day and an online chat which runs 12pm-1am 7 days/week .

Resources for Educators

Guide to adaptations and modifications BC Ministry of Education

www.bced.gov.bc.ca/specialed/docs/adaptations_and_modifications_guide.pdf

Mental health and high school curriculum guide. CMHA www.cmha.ca/highschoolcurriculum

Provides support to educators within secondary school to address mental health and mental illness in the classrooms.

Orientation to child and youth mental health services: a guide for teacher www.forcesociety.com

F.O.R.C.E. for Kids Mental Health created this guide for the Surrey School District and it can be adapted by other communities to support teachers to deal with mental health issues in the classroom.

Teaching students with mental health disorders: depression –resources for teachers. BC Ministry of Education

www.bced.gov.bc.ca/specialed/docs/depression_resource.pdf

Teaching to diversity parent support. BC Teachers' Federation www.bctf.ca

The site provides "Students' Mental Health" section which aims to support kids with special needs with resources and links. See: <http://bctf.ca/teachingtodiversity/> (look for "Students' Mental Health" under "Topic specific resources") .

Teen Mental Health Resources for Educators <http://teenmentalhealth.org/for-educators/>

A whole section is dedicated for educators with school mental health information, high school curriculum, training and presentation materials on mental health and understanding of teenage brain.

Resources for Parents

F.O.R.C.E. Society for Kids Mental Health www.forcesociety.com | 604-878-3400 | 1-(855) 887-8004 Email: theforce@forcesociety.com

Offers parent support group, information and resources to parents with kids with mental health issues across BC. Check out the publications: **Orientation to child and youth mental health services: a guide for parents** and tip sheets and brochures in other languages including: What to Expect From Mental Health Services.

Healthy Living ... It's in Everyone http://keltymentalhealth.ca/sites/default/files/Kelty_FamilyToolkit_final-Web.pdf

This toolkit for families was developed with The F.O.R.C.E. Society for Kids' Mental Health. The toolkit includes information on healthy living for families who have a child or youth with mental health challenges, worksheets and tools, and tips from families across B.C.

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Know your rights: a parent's guide for kids with learning disabilities and ADHD www.knowyourrights.ca/knowyourrights

This guide provided parents of children with Learning Disabilities (LD) and/or Attention Deficit Disorder (AD/HD), with information that will help them to be effective advocates for their child.

Speaking Up! A Parent Guide to advocating for students in Public School

A step-by-step guide developed by BCCPAC for parents. It provides information about how the school system works, outlines parents' and students' rights and responsibilities, self help strategies for supporting student self-advocacy.