

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.



Ministry of Children and Family Development



LGBTO25

inclusive

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## <sup>/</sup> 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, and 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-infantschildren-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

### **Spiritual Wellbeing**

Kids Help Phone article on art, family, and spiritual wellbeing 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

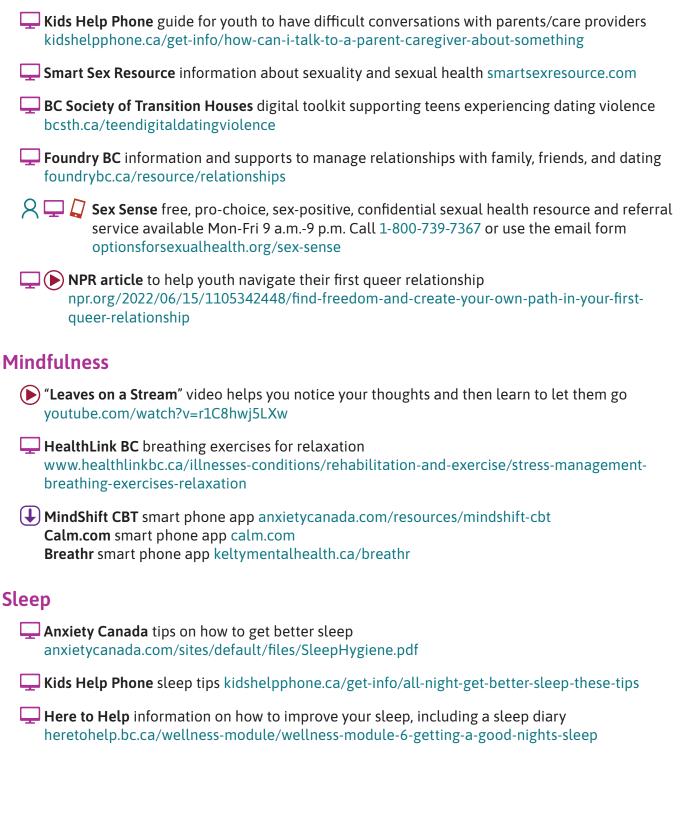


### **Connection and Relationships**

**Q** Person available

Online

Referral required



Mental Health and Wellness Resources and Supports | 3

Book

(↓) App

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Video

### **Common Mental Health and Wellness Challenges**

When we read information that feels validating and that we identify with, it can be tempting to selfdiagnose. 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
- Superior in the second second
- Stresslr smart phone app keltymentalhealth.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

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
- Q I 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

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 and 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 activity guides to enhance and practise 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

**ADDitude Magazine** articles, webinars, and resources on ADHD additudemag.com

Referral required

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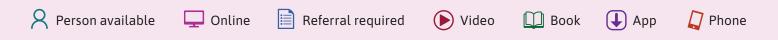
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**Q** Person available

### 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 themself 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 judgment.

<b>Kids Help Phone</b> 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
<b>Need2</b> 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:
🛛 🎝 9-8-8: Suicide Crisis Helpline call or text 9-8-8 available 24/7
A 🎝 Hope for Wellness Help Line 1-855-242-3310 available 24/7 to all Indigenous people across Canada
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 (in the Lower Mainland) or 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

Video

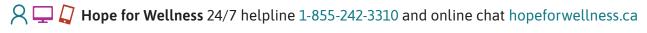
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- Lifeguard smart phone app lifeguarddh.com Brave smart phone app brave.coop
- 🗙 Person available 🛛 🖵 Online 📄 Referral required

## **Indigenous Centred Resources**



**We Are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program** free resource to support First Nations, Métis, and Inuit families across B.C., 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:

- A Image: 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-wedo/ehealth/virtual-doctor-of-the-day or 1-855-344-3800 (8:30a.m. – 4:30p.m. daily)
- Similar Substance Use and Psychiatry Service no-cost referrals for substance use and addictions supports, psychiatry, 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 mnbc.ca/work-programs/programs-services/metis-counselling-connection-program

# LGBTQ2S+ Focused Resources

- **Control Control Contr**
- **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
- **C** TransCareBC Child & Youth information and resources, to connect people to genderaffirming care and supports phsa.ca/transcarebc



### **Resources for Youth in and from Care**



(•) Agedout information about supports and additional resources for youth in and from care agedout.com

- 🖵 📄 Mental Health and Counselling Benefit \$1500 per year for young adults who participate in the SAJE program www2.gov.bc.ca/assets/gov/family-and-social-supports/saje\_mental\_ health\_and\_counselling\_benefit\_ya\_faq.pdf
- 🖵 📄 Life-skills, Training and Cultural Connections Funding \$11000 for young adults in the Agreements with Young Adults (AYA) program focused on developing life-skills www2.gov.bc.ca/assets/gov/family-and-social-supports/faq\_lstcc.pdf

# **Multicultural Focused Resources**

- 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-otherlanguages
- 🞗 🖵 💭 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)
- **U** 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.

### **Mental Health Prevention and Early Intervention**

**Online resource library** resources for families, caregivers, educators, and other professionals healthymindsbc.gov.bc.ca/resources

**eLearning Online courses** self-paced, no-cost courses for caregivers, educators, and other professionals with evidence-informed, practical, mental health literacy information and strategies to help them support children, youth, and their families healthymindsbc.gov.bc.ca/elearning

#### **Connection and Relationship**

Brené Brown on Empathy video exploring the meaning and actions of empathy youtu.be/1Evwgu369Jw

Mental Health Foundations 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/resources/ease-at-home-4-7-collection (grades K-7) and healthymindsbc.gov.bc.ca/resources/ease-at-home-8-12-collection (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 evidencebased, 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
<b>Rolling with ADHD</b> 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-Caregiverspdf
<b>Child Mind Institute</b> 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
<b>Scattered Minds: The Origins and Healing of Attention Deficit Disorder</b> 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

Referral required

Book

Video

App

Phone

🖵 Online

**Q** Person available

#### 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

### **Early Years**

**C C C 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

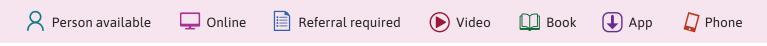
The Whole Brain Child book by Daniel Siegel (focus birth-12) refrigerator sheet drdansiegel.com/wp-content/uploads/2020/10/WBC-Refrigerator-Sheet.pdf in a nutshell summary drdansiegel.com/wp-content/uploads/2020/09/A-Note-to-Our-Childs-Caregivers-.pdf

### **General Mental Health and Wellness**

**Family Smart** 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

Suicidality is a serious concern. It is positive if your child/youth is talking to you about their struggles, rather than keeping them inside. However, regardless of whether they are talking to you about it or not, if you are concerned that they may be suicidal, it is very important to seek support.

HealthLink BC information and resources about youth suicide healthlinkbc.ca/pregnand	cy-
parenting/relationships-and-emotional-health/warning-signs-suicide-children-and-teer	าร

**Welty 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:
🔉 🎝 9-8-8: Suicide Crisis Helpline call or text 9-8-8 available 24/7
A Depertor Wellness Help Line 1-855-242-3310 available 24/7 to all Indigenous people across Canada
🗙 🎝 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
2 🎝 9-1-1 or your local hospital emergency department



## <sup>/</sup> 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/ChildYouthMental HealthIntakeClinics



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

YouthMentalHealthServices



- 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
- **Youth in BC** online services for youth, including online chats (noon 1a.m.) YouthinBC.com
- 💫 🖵 🎝 Youth Space online chat or text 778-783-0177 (6 a.m. midnight daily) youthspace.ca

## If you are in crisis and need immediate help

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