


# CYMHSU RESOURCES

Compass Mental Health: Supp x +

Not Secure | bcchildrens.ca/health-professionals/clinical-resources/mental-health/compass-1-855-702-7272

# Compass Mental Health: Supporting Providers



Connecting you to a network of support.

BC Children's Hospital  
Compass Mental Health  
Supporting Providers  
1.855.702.7272  
CompassBC.ca

A team of mental health and substance use professionals is only a call away.

Compass is a province-wide service that supports evidence based care to all BC children and youth (0-25) living with mental health and substance use concerns. This is done by supporting community care providers with the information, advice and resources they need to deliver appropriate and timely care to children and youth close to home.

**Services include:**

- Telephone advice and support
- Identification and help with connection to local and online resources
- Telehealth consultation when needed
- Tailored education, including [Compass Toolkits](#)

For more information on events, resources or how to connect with Compass Mental Health visit [CompassBC.ca](#), call [1-855-702-7272](tel:1-855-702-7272) or email us at [compass@cw.bc.ca](mailto:compass@cw.bc.ca).

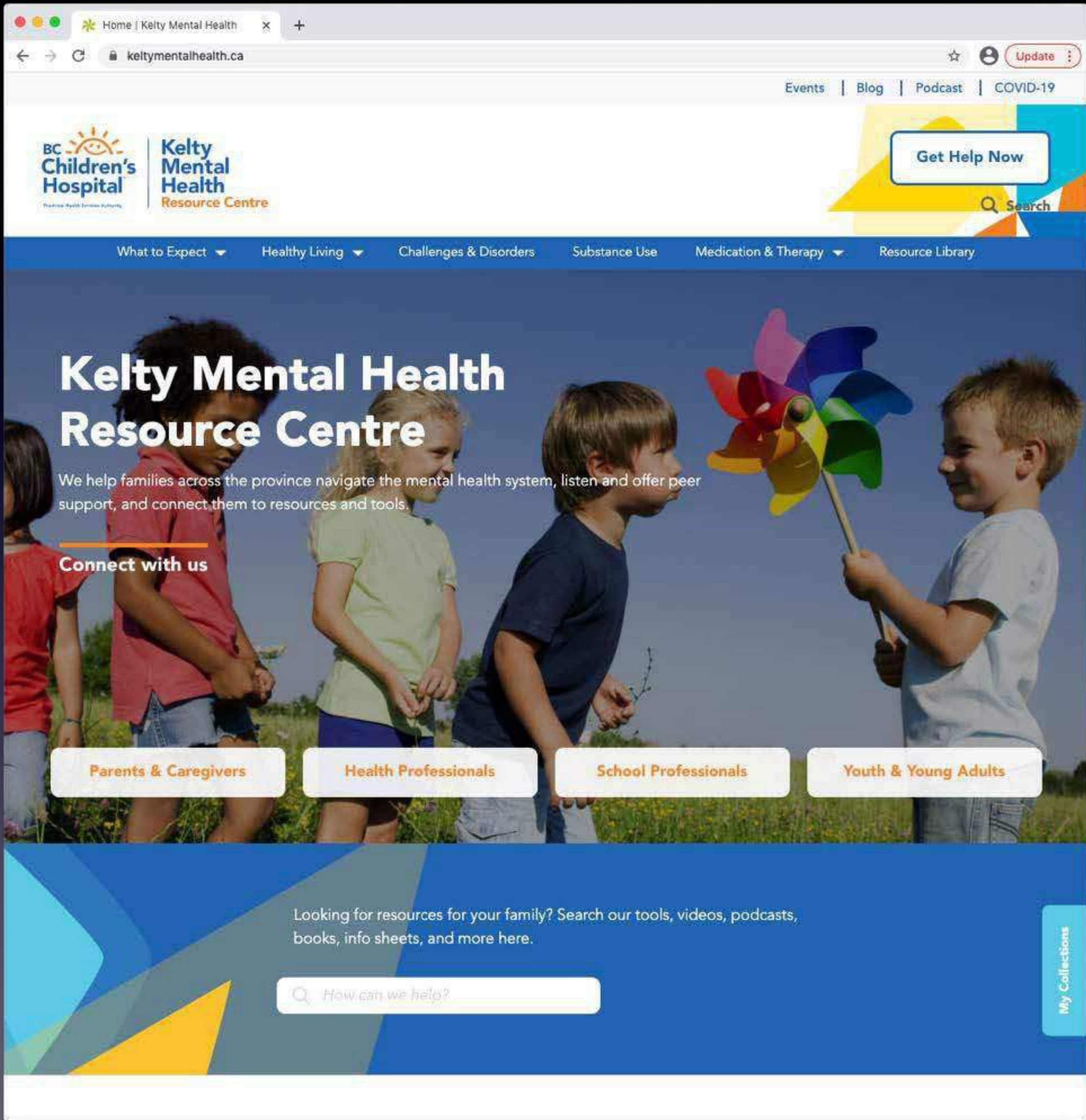
[CompassBC.ca >](#)

[Register for Compass >](#)

### In this section

- Mental Health
- Compass Mental Health: Supporting Providers**
- Health Literacy
- Health Promotion
- Metabolic Complications
- Protocols & Guidelines





Get Help Now

Search

# Kelty Mental Health Resource Centre

We help families across the province navigate the mental health system, listen and offer peer support, and connect them to resources and tools.

## Connect with us

- Parents & Caregivers
- Health Professionals
- School Professionals
- Youth & Young Adults

Looking for resources for your family? Search our tools, videos, podcasts, books, info sheets, and more here.

How can we help?

My Collections



Health Professionals | Kelty M | x +  
kelymentalhealth.ca/healthcare-professionals

What to Expect Healthy Living Challenges & Disorders Substance Use Medication & Therapy Resource Library

# Health Professionals


Are you looking for information or resources related to child and youth mental health for the families, children, and youth that you see? Do you need to connect a family in your care to additional community mental health or substance use services or supports?


The BC Children's Kelty Mental Health Resource Centre is here to help. In this section of the site, you can find resources to share with families, including medication overview sheets in multiple languages. You can also explore learning opportunities to help you build knowledge and skills in child and youth mental health.


Don't hesitate to [contact us](#) for further assistance connecting families with mental health and/or substance use services and supports, information about referral processes to programs and services, or for help finding evidence-based, family friendly resources.

If you are a community care provider working with children and youth with mental health and/or substance use concerns, you can also contact [BC Children's Compass Program](#). Compass is a multidisciplinary team that supports evidenced-based care by offering phone consultation on questions such as diagnosis clarification, medication guidance, and treatment recommendations. The Kelty Centre and Compass work together to support BC children, youth, and families.

[Find Help +](#)

  
**Find resources to share with families**

  
**Share medication sheets with families**

  
**Explore learning opportunities for health professionals**

My Collections



Health Professionals | Kelty M | x +  
kelymentalhealth.ca/healthcare-professionals ☆ Update


What to Expect Healthy Living Challenges & Disorders Substance Use Medication & Therapy Resource Library

### Most Popular Topics

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Anxiety
- Depression & Depressive Disorders
- Eating Disorders

### Featured Resources

Support Service




Connecting you to a work of support.

Compass Mental Health 1.855.702.7272

**Compass** ✓  
BC Children's Hospital

Through phone and web-based consultation, the Compass team supports community care providers with information, advice and resources they need to deliver appropriate and timely care to children and youth experiencing mental health and/or substance use challenges.


App or Online Tool



**BC Mental Health Act Toolkit** ✓  
BC Children's Hospital

A collection of tools, links, resources and learning materials on the BC Mental Health Act featuring a one-hour education module.

App or Online Tool

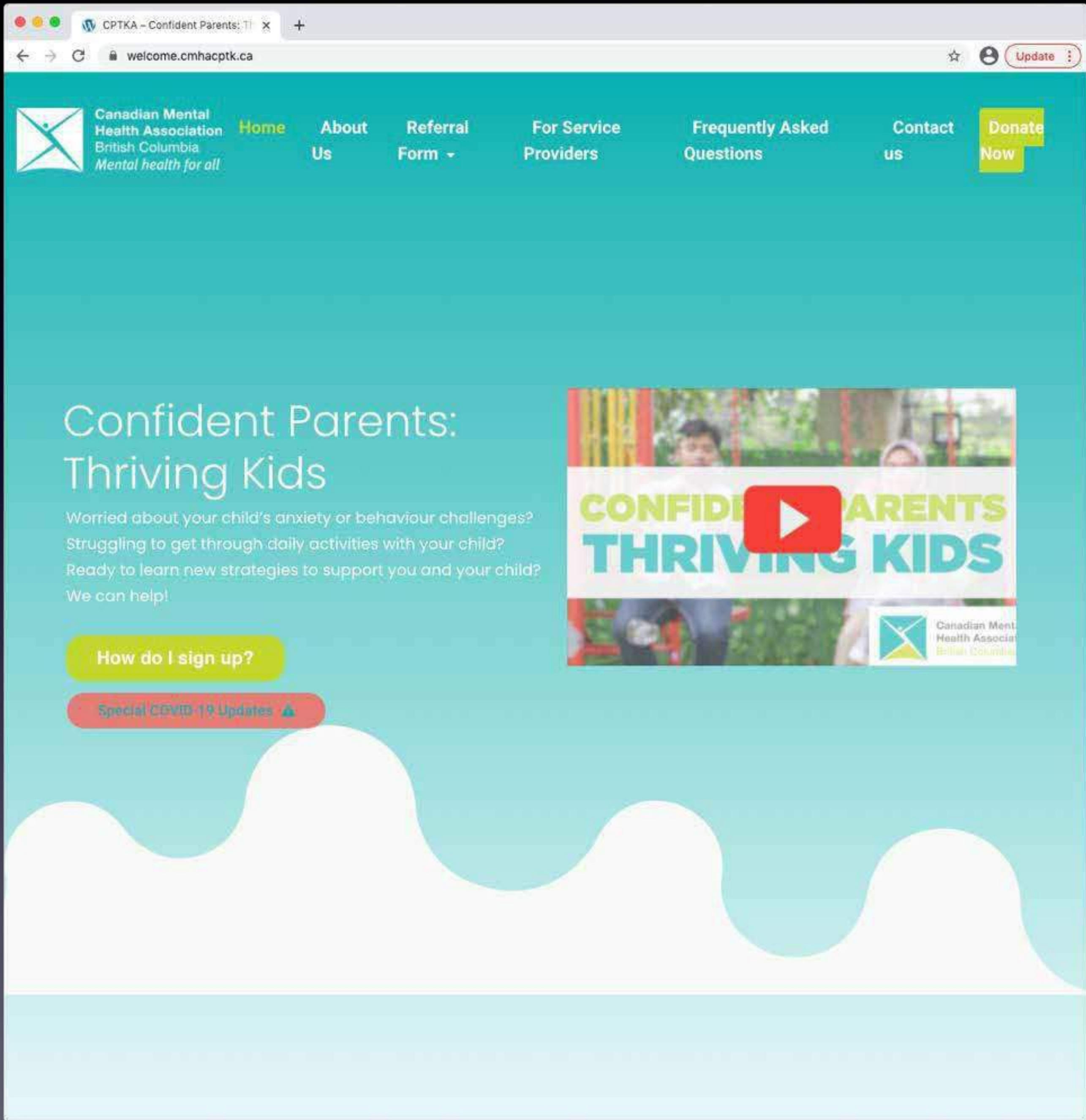


**Learning Links** ✓  
BC Children's Hospital

Online learning modules for health care professionals designed to enhance knowledge, skills and confidence in child and youth mental health.

My Collections





Canadian Mental Health Association  
British Columbia  
*Mental health for all*

[Home](#)

[About Us](#)

[Referral Form](#)

[For Service Providers](#)

[Frequently Asked Questions](#)

[Contact us](#)

[Donate Now](#)

## Confident Parents: Thriving Kids

Worried about your child's anxiety or behaviour challenges?  
Struggling to get through daily activities with your child?  
Ready to learn new strategies to support you and your child?  
We can help!

[How do I sign up?](#)

[Special COVID-19 Updates](#)





# For Service Providers

HOME / FOR SERVICE PROVIDERS

## Confident Parents: Thriving Kids

### Behaviour Program

Confident Parents: Thriving Kids – Behaviour Program is a telephone-based coaching service for parents proven effective in reducing mild to moderate behavioural problems in children ages 3–12. Through a series of 6 to 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and caregivers to learn effective skills and techniques that support social skills and cooperation in their child.

The program is grounded in the Parent Management Training – Oregon Model developed by Implementation Sciences International Inc. The program was featured in the Fall 2015 edition of the *Children's Mental Health Research Quarterly* and earned CMHA BC the [2017 BC Health Care Awards Gold Apple](#) for Top Innovation Affiliate.

The program is offered at no cost to parents and caregivers across BC, through referral from a family doctor or pediatrician.

To refer a family, please complete the [referral form](#) and fax to 1-877-688-3270 or email [confidentparents@cmha.bc.ca](mailto:confidentparents@cmha.bc.ca).



## Anxiety Program

Confident Parents: Thriving Kids – Anxiety Program is a new telephone coaching service for parents and caregivers that effectively reduces mild to moderate anxiety in their children ages 3 – 12. Parents and caregivers watch videos that demonstrate key concepts and approaches, and engage in scheduled sessions with coaches by phone to help them build skills and strategies they can use with their child and family at home and in community settings.

Developed in collaboration with BC experts who work extensively with children experiencing anxiety and their families, this 'made in BC' program incorporates concepts from cognitive behavioural therapy (CBT).

The program launched in Spring 2019 through a phased implementation approach to support quality service delivery. We are currently accepting referrals from general practitioners, pediatricians, child psychiatrists, psychologist, nurse practitioners, teachers, school counsellors/psychologists, Early Childhood Educators, as well as Ministry of Children and Family Development funded Child and Youth Mental Health teams across BC.

The anxiety program is offered at no cost to parents and caregivers across BC, through referral from a physician, pediatrician, Child and Youth Mental Health (CYMH) clinician, Aboriginal Child and Youth Mental Health (ACYMH) clinician, teacher or school counsellor.

– [Physician/Clinician Referral Form](#)

– [Teacher/School Counsellor Referral Form](#)

To refer a family, please complete the referral form and fax to 1-778-247-0127 or email [cptk.anxiety@cmha.bc.ca](mailto:cptk.anxiety@cmha.bc.ca).

To receive anxiety program updates, please sign up for our [email list](#). The behavior program will begin accepting referrals from CYMH and ACYMH in Fall 2019



# Feeling low, stressed or anxious?

**BounceBack**<sup>®</sup> is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

**Your wellbeing shouldn't have to wait.**

With the right tools and practice, you can bounce back to reclaim your mental health.





### **BounceBack® Coaching**

A trained BounceBack® coach will help participants learn skills to improve their mental health in up to six telephone sessions over three to six months. The coach is there to help motivate and support individuals as they work through a series of CBT workbooks that are personalized to their needs.

While BounceBack® coaches are working with participants on their individual workbooks, they remain primarily under your care. The coaches will inform you if your clients have been accepted into the program and will provide you with information on their



### **BounceBack® Online**

If your client is not ready for the BounceBack® Coaching program or prefer to work independently, the online program is an option. Individuals will have access to workbooks, interactive worksheet and videos designed to help them overcome low mood and worry. Only, they will work through the materials independently and at their own pace. You may choose to connect with them about their progress at their next visit.

Individuals can self-refer and register at [www.bouncebackonline.ca](http://www.bouncebackonline.ca).



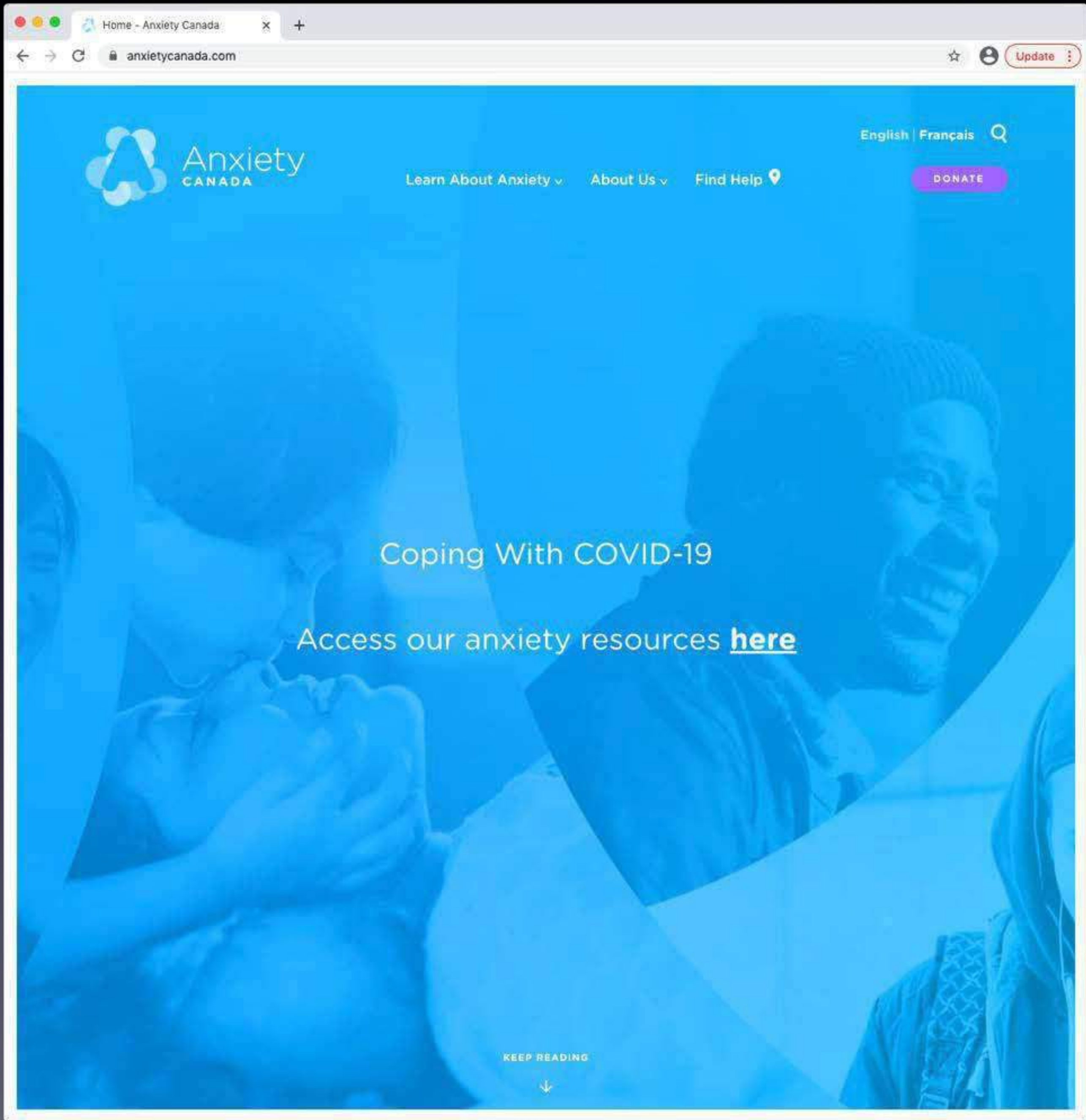
### **BounceBack® Today Video**

This video series provides individuals with practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in English, French, Farsi, Cantonese, Mandarin, and Punjabi. The online videos are available for your clients to watch at any time or while they are waiting for their coaching sessions to begin at:

[www.bouncebackvideo.ca](http://www.bouncebackvideo.ca)  
(using access code **bbtodaybc**).  
Hard copy DVDs for your office are also available free of cost by request at:

[bounceback@cmha.bc.ca](mailto:bounceback@cmha.bc.ca).





English | Français

Learn About Anxiety ▼ About Us ▼ Find Help 📍

DONATE

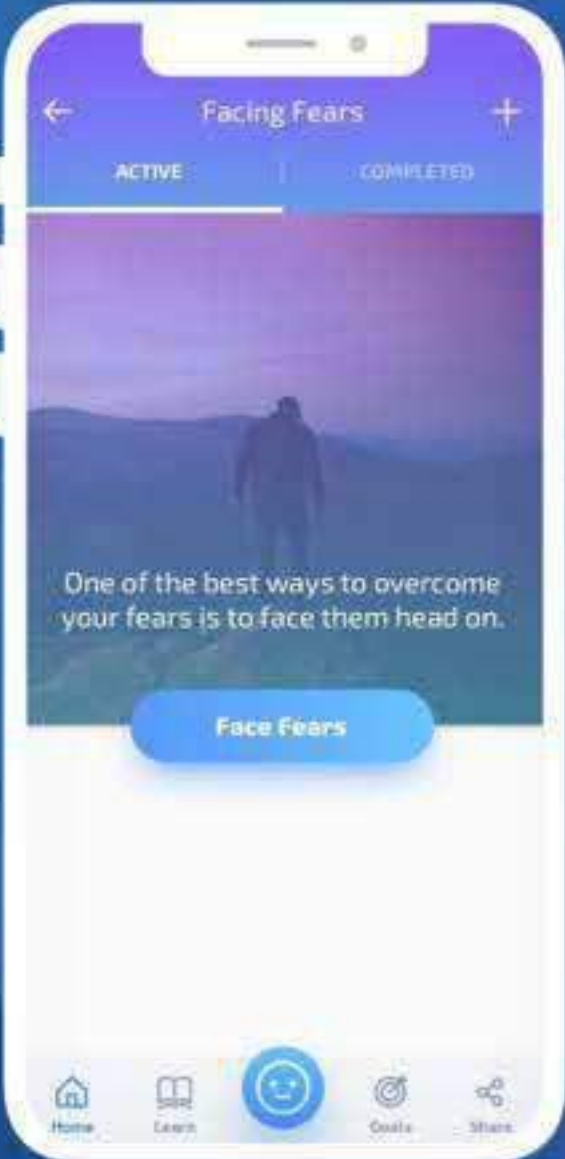
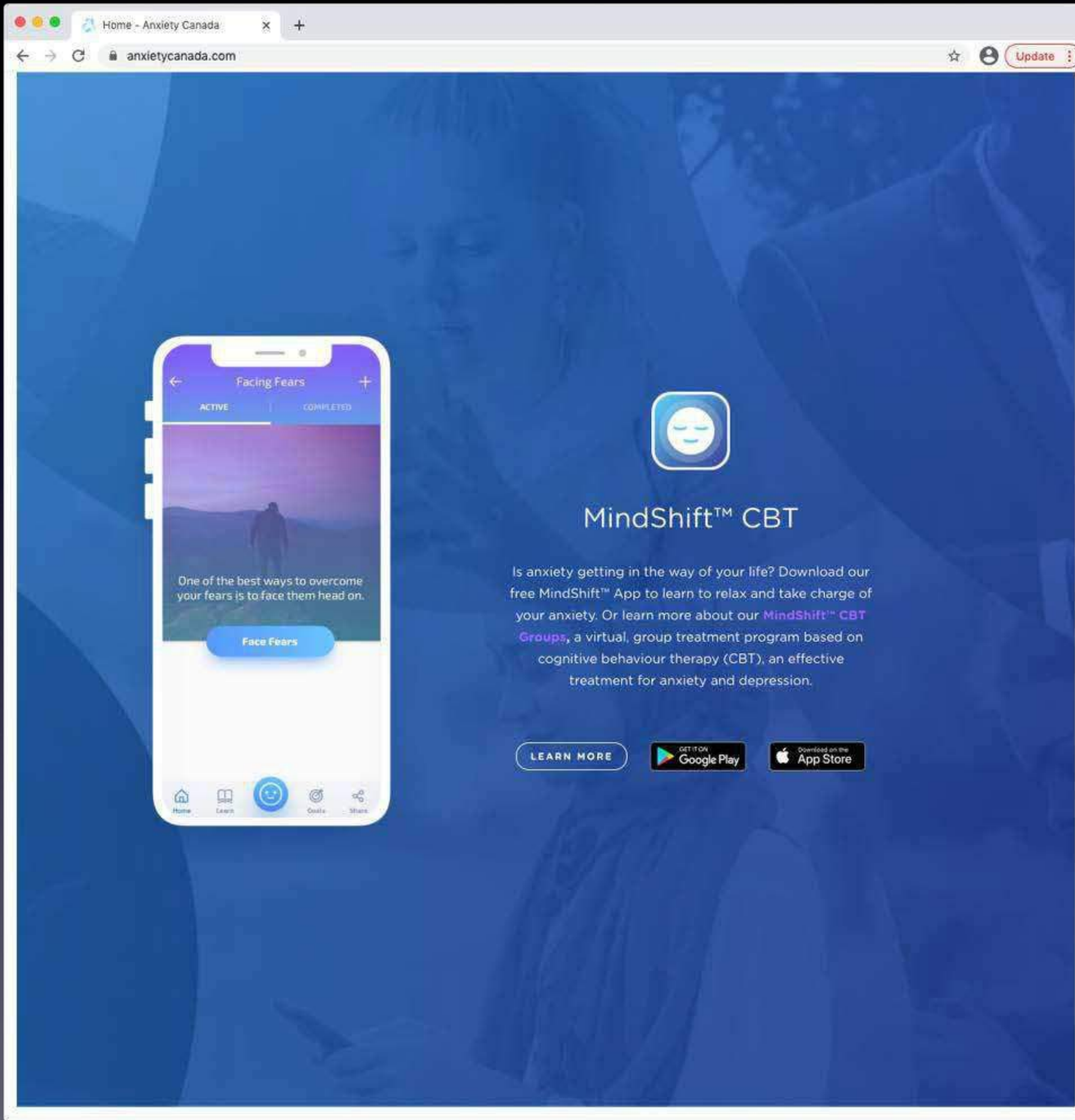
## Coping With COVID-19

Access our anxiety resources [here](#)

KEEP READING







## MindShift™ CBT

Is anxiety getting in the way of your life? Download our free MindShift™ App to learn to relax and take charge of your anxiety. Or learn more about our **MindShift™ CBT Groups**, a virtual, group treatment program based on cognitive behaviour therapy (CBT), an effective treatment for anxiety and depression.

[LEARN MORE](#)





## My Anxiety Plan: MAP

Here, you'll find a resource of simple, step-by-step instructions on how to deal with symptoms related to specific anxiety disorders as well general strategies – such as how to get a good night's sleep or how to deal with uncertainty in your daily life.



MAP for  
Children & Teens



MAP for  
Adults



Sierra's Story: Change and Uncertainty During COVID-19

anxietycanada.com/articles/sierras-story-change-and-uncertainty-during-covid-19/


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GENERALIZED ANXIETY DISORDER  
ANXIETY AT WORK / SELF-CARE / HEALTHY HABITS / SCHOOL / STORY  
WORKPLACE STRESS / WORRYING ABOUT THE FUTURE / HEALTH WORRIES  
SENSE THAT 'SOMETHING BAD' IS GOING TO HAPPEN / FEELING ON EDGE / RACING THOUGHTS OR REPEATING WORRIES  
BACK TO SCHOOL STRATEGIES / LEARNING TO RELAX / TIPS FOR HEALTHY LIVING

Sep 2 • 2020



Sierra Badgley, a Youth Network Ambassador, shares her experience adjusting to all the shifts and uncertainty in her life due to the ongoing pandemic.

This post is part of a blog series dedicated to sharing personal stories, journeys, and insights about mental health and anxiety from members of our community.

When I first learned about the pandemic, I thought I would be safe from it. But as cases started to pop up closer and closer to my home, I became filled with fear. Change is something I've always struggled with, and I knew that our lives would be changed drastically over the coming months. Especially without having my loved ones with me, I was very lost. I wanted to go home and be with my family.

Finally, at the end of March, I moved out of residence and returned home from college. With no job to come home to and nothing to do, I became increasingly isolated and lonely. After being at home for several months with no goals, nothing to do, and declining mental health, I knew I needed to look for work, especially because I knew that I thrived off of routine and a schedule.



Managing Mental Health During COVID-19

anxietycanada.com/articles/covid19-balancing-public-health-and-mental-health/

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GENERALIZED ANXIETY DISORDER / OBSESSIVE COMPULSIVE DISORDER / HOARDING DISORDER / HEALTH ANXIETY  
ANXIETY IN THE COMMUNITY / ANXIETY AT HOME  
HEALTH WORRIES

# Managing Mental Health During COVID-19

Nov 25 • 2020

## STRATEGIES FOR MANAGING ANXIETY IN THE CONTEXT OF THE NEW NORMAL

During this time of increased uncertainty and rapid change caused by the COVID-19 pandemic, it can be difficult to cope with anxiety disorders like agoraphobia and health anxiety. Our experts have compiled a list of strategies that can help you adhere to public health guidelines while taking care of your mental health during COVID-19.

We are in unprecedented times, with every day bringing additional grim news reports about the number of new coronavirus cases and the loss of life. Our provincial and federal chief medical officers are doing incredible work in attempting to control the spread of COVID-19, including putting forward guidelines for hand washing, social and physical distancing, suggestions to work at home if possible, and sharply restricting the size of gatherings.

These public health guidelines are necessary to control the spread of COVID-19. But we are all social creatures by nature. And following these public health guidelines has resulted in decreased social interaction and has had a negative impact on mental health for many people - especially those suffering from anxiety disorders.

With this in mind, what follows are some suggestions to help you adhere to public health guidelines, while still attending to your mental health and overall well-being during the COVID-19 pandemic. You will also find strategies for those coping with specific anxiety disorders, including health anxiety and agoraphobia.

For more helpful resources and articles, visit Anxiety Canada's Coping With COVID-19 Hub.

### How To Manage Anxiety During COVID-19

#### Put Structure Into Your Day

The COVID-19 crisis has forced many Canadians to alter the structure of our days, which can cause heightened anxiety for those with and without anxiety disorders. If you have unfortunately been laid off, were unemployed prior to the onset of this crisis, or are now working from home, the structure of the work week has most likely disappeared.

For many of us, our work provides scaffolding to the week and generally organizes our



Child & Youth Mental Health

www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health

B.C. has declared a state of emergency. [Our response to COVID-19](#) | [B.C.'s immunization plan](#)

BRITISH COLUMBIA

Home > Health > Managing Your Health > Mental Health & Substance Use >

## Child & Youth Mental Health

**As a result of COVID-19, CYMH services are being offered with safe physical distancing, available in-person and virtually/by phone. Before visiting an intake clinic in person, please contact your local CYMH office.**

Community-Based Mental Health Services for Children, Youth and Families

### Who We Are

The Ministry of Children and Family Development's **Child and Youth Mental Health (CYMH)** teams located across B.C. provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost. Our clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

Our mental health services are voluntary and are designed to support children and youth who experience significant difficulties related to their thoughts, feelings and behaviours. We have ministry, delegated and contracted teams in B.C. whose focus is working with Indigenous children and youth, as well as teams and contracts that provide specialized services.

Our teams also help families find mental health programs and services they could benefit from within their communities. For more information about our services, resources and supports please review our [Child & Youth Mental Health Information & Resources Tool Kit](#).

100 CYMH intake clinics can be accessed in-person and virtually/by phone.

[Find a CYMH Clinic Near You](#)

### What We Do

**Our Services Include:**

- Referral and Intake Services - Screening interview, initial supports and service plan, referrals and linkages
- Initial Services - Brief, time-limited early interventions following the intake process
- Assessment Services - Comprehensive and holistic mental health

### In Crisis?

Get immediate support for a...

- Suicide crisis: 1 800 SUICIDE (1 800 784-2433)
- Mental health issue: 310-6789 (24 hours)
- KUU-US Aboriginal crisis line: 1 800-588-8717 (24 hours)
- Medical emergency: 911

These online resources can also help:

- [Crisis Centre](#)
- [KUU-US Crisis Line Society](#)
- [Kids Help Phone](#) (Text CONNECT to 686868)
- [Youth In BC Chat](#)
- [HealthLink BC: Warning Signs of Suicide in Children & Teens](#)

### Child, Youth and Family Resources

- [Foundry](#)
- [FamilySmart](#)
- [Kelty Mental Health Resource Centre](#)
- [Dealing with Teen Depression](#)
- [Suicide Prevention](#)

### Practitioner Resources

- [Suicide Prevention](#)
- [EASE - Everyday Anxiety Strategies for Educators](#)







# Mental Health and Substance Use Supports in B.C.

HealthLink BC can help you find mental health or substance use information and support

Call **8-1-1** any time of the day or night



Search for information and services in B.C.

Enter a keyword or phrase to search



## Search by Audience, Topic or Location

### Children and Youth



### Students



### Adults



## Addictions, Alcohol and Other Substances

Overusing alcohol or other drugs so that it causes harm to you or others is called a substance use problem. Non-drug addictions can also cause harm.

▶ [Find information and services](#)

## B.C. Government Information

Supports, services and information provided by the B.C. government for policy, guidelines, funding, service delivery, studies and laws.

▶ [Find information and services](#)

## Emergency contacts



If you or someone you know needs help, call one of these numbers:

- Medical Emergencies: [9-1-1](#)
- Crisis: 1 800 SUICIDE ([1-800-784-2433](#))
- Mental Health Support: [310-6789](#)
- Missing Persons: [9-1-1](#)

Find more [important contacts](#).

## Services in your area



Look for services in your area using the [Mental Health and Substance Use Service Map](#).

## Feedback

This site uses data from



Home - CMHA National | Substance use services - Van... | CYMH SERVICE FRAMEWORK

cmha.ca

Thinking of suicide? Please call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca).

Canadian Mental Health Association 100 years of continuity

National

FIND YOUR CMHA f t i y l i n

FRANÇAIS | HELP & INFO | NATIONAL PROGRAMS | POLICY | BLOG | NEWS | GET INVOLVED | ABOUT | DONATE

**COVID-19: Mental health and well-being.**

Canadian Mental Health Association 100 years of continuity

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### LATEST TWEETS

En santé mentale, maintenant plus que jamais, chaque geste compte. Joignez-vous à nous demain pour célébrer la jour... <https://t.co/ktMUfaHKJA> Yesterday at 3:36 pm

When it comes to #MentalHealth, now more than ever, every action counts. Join us tomorrow to celebrate... <https://t.co/3SwQqK7BQM> Yesterday at 3:35 pm

Le programme #RetrouverSonEntrain est efficace! Il aide à réduire jusqu'à 50% les symptômes de la dépression et de... <https://t.co/8XsKUHMIWo> January 26, 2021 7:59 pm

#BounceBack works! It helps reduce symptoms of depression and anxiety by 50%. And thanks to support from... <https://t.co/FKPHU8CI4p> January 26, 2021

### WHAT'S NEW

Now more than ever, every action counts.

**When it comes to mental health, now more than ever, every action counts**

January 28 is Bell Let's Talk Day and we're joining in to help drive progress in mental health. COVID-19 has [...]

[Continue reading](#)

**Move for your mood**

Before we talk about how to improve your mental health, let's make sure we agree on what we're talking about. [...]

[Continue reading](#)

**Despair and suicidal feelings deepen as pandemic wears on**

Despair and suicidal feelings deepen as pandemic wears on New national survey finds Canadians' mental health eroding Toronto, ON and [...]

[Continue reading](#)



## Supports during the Holidays

[Self-care during Holidays](#)

[Avoid the Holidays Blues](#)

[Your Mental Health & COVID-19 During the Holidays](#)

[Ways to Celebrate the Holidays During COVID-19](#)

## Self-care and more

[MHCC – Resources Hub: Mental Health and wellness during the COVID-19 pandemic](#)

[An echo pandemic of mental health issues? Not if we can help it.](#)

[CMHA Ontario offers tips to support mental health amid concerns of COVID-19 pandemic](#)

[Pandemic pushing your anxiety buttons?](#)

[‘Social distancing’ is a misnomer: we should be physically distancing, but remain as social as ever](#)

[I’m feeling stressed due to the pandemic](#)

[McGill – Dr. Turecki’s COVID-19 stress management tips](#)

[Social connection is the cure](#)

[Your Social Distancing Survival Guide](#)

[Listening: how to make your social interactions real](#)

[Kindness is contagious. Not just fear](#)

[More than simply “fine”](#)

[Grieving](#)

[Caring for Older Adults during COVID-19](#)

## Workplace Mental Health

[RETURN TO THE WORKPLACE :A psychological toolkit for heading back to work](#)

[6 tips to respond to employee anxiety about COVID-19](#)

[Why working from home is so exhausting and how to reinvigorate](#)

[Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected](#)

[Working from Home During COVID, With and Without Children](#)

[How to cope with social distancing and working from home](#)

## Caring for others

[Caring for children in the COVID-19 crisis](#)

[Discovery College Kelowna – Coping with Current Events: A Parent, Family and Caregiver Toolkit](#)

[Tools for people aged 70 and over and caregivers](#)

[Screens and your child: the inside scoop](#)

[Tips on how to really listen](#)

## Here are some credible sources of information that we recommend:

- Your local public health unit
- Your provincial/territorial public health authority
- The [Government of Canada’s COVID-19 web page](#)



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mindful
healthy mind, healthy life

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GETTING STARTED MEDITATION HEALTH DIRECTORY MAGAZINE SHOP LIFEXT ABOUT

Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected

Steven Hickman, Psy.D., executive director of the Center for Mindful Self-Compassion, offers this timely perspective on managing our new virtual reality.

BY STEVE HICKMAN | APRIL 6, 2020 | WELL-BEING



nadia\_snopek/Adobe Stock



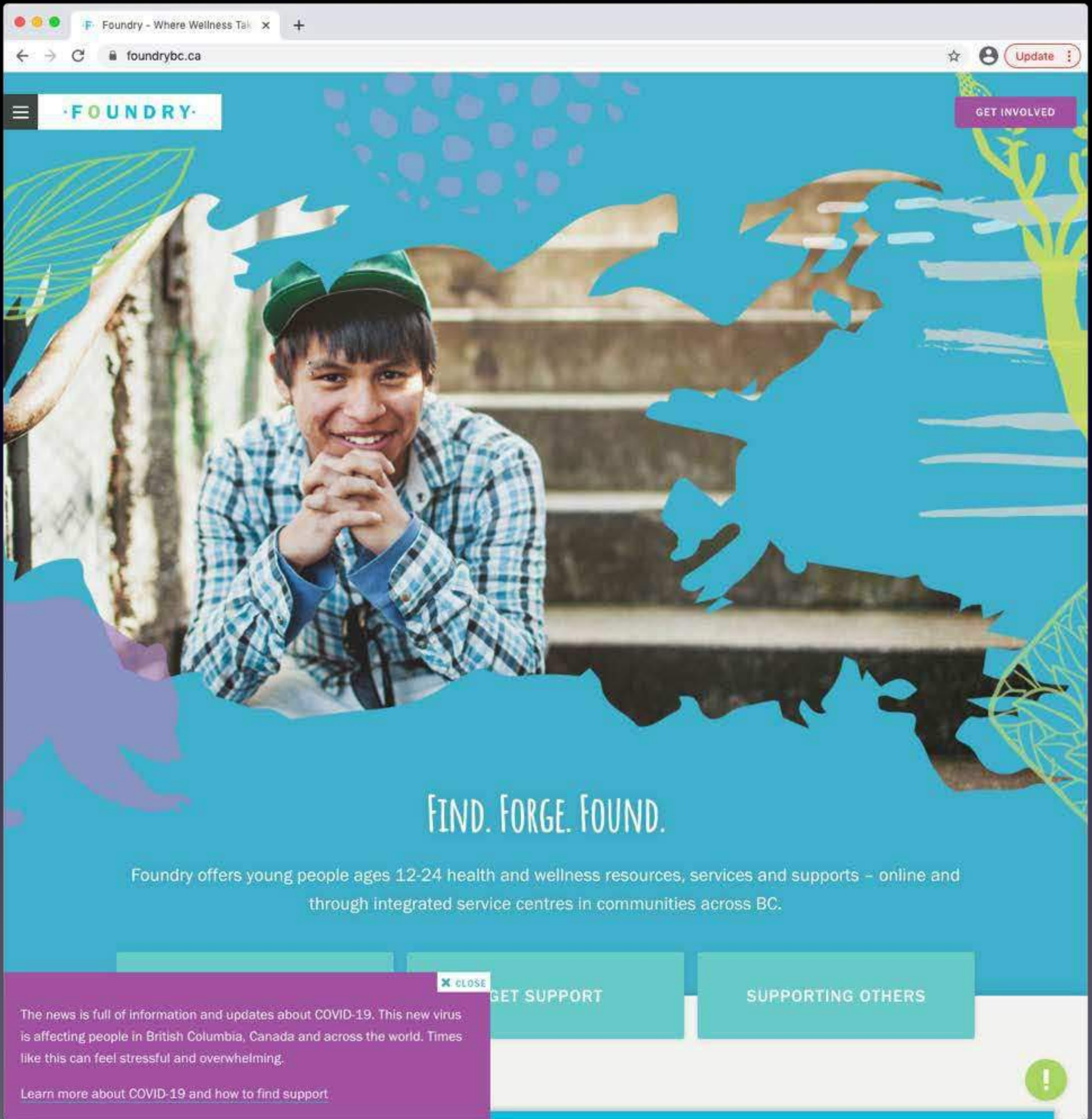
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Building Resilience in Challenging Times SIGN UP NOW

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# FIND. FORGE. FOUND.

Foundry offers young people ages 12-24 health and wellness resources, services and supports - online and through integrated service centres in communities across BC.

GET INVOLVED

GET SUPPORT

SUPPORTING OTHERS

**X CLOSE**  
The news is full of information and updates about COVID-19. This new virus is affecting people in British Columbia, Canada and across the world. Times like this can feel stressful and overwhelming.  
[Learn more about COVID-19 and how to find support.](#)

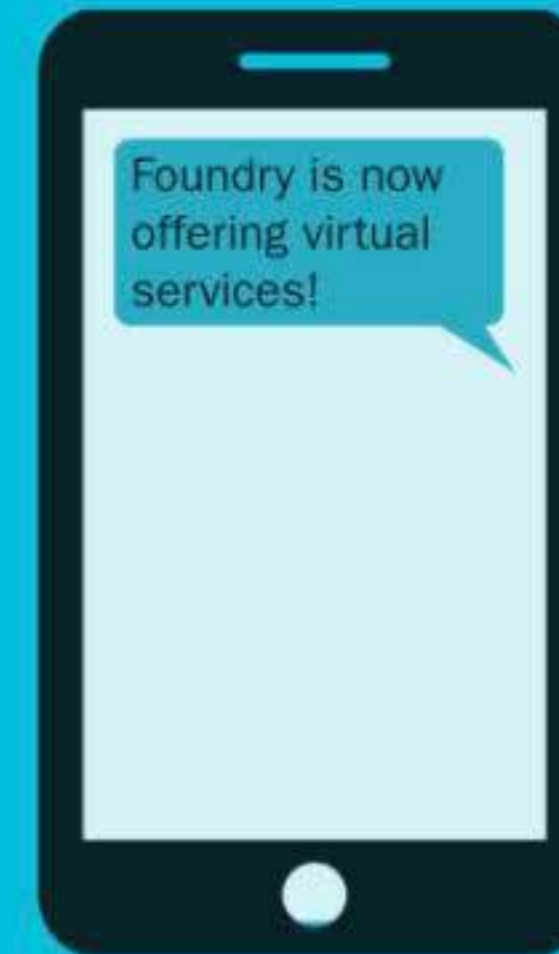




# INTRODUCING FOUNDRY'S VIRTUAL SERVICES!

We now offer virtual drop-in  
counselling sessions, peer support  
check-ins and group offerings to  
young people ages 12-24 and their  
caregivers!

[LEARN MORE](#)



## FOUNDRY PATHFINDER

A 4 step tool to help you find personalized support options.

[GET STARTED](#)





## Services Available

To book an appointment with our service providers or learn more about our services please call us at [1-833-F0UNDRY](tel:1-833-F0UNDRY) (that's F0UNDRY with a zero or 1-833-308-6379) between 1:15 to 9 pm Monday to Friday. You can send us an email at [online@foundrybc.ca](mailto:online@foundrybc.ca) or [register online to book an appointment](#) at any time!

The services below are for Foundry Virtual- our online Foundry centre that offers services to young people and their families from the comfort of their own home. We work closely with our in-person foundry centres, but this is not the place to book an online appointment with your local centre. To book an appointment with your local centre, [check out this page](#).

### Not sure where to start?

Are you interested in accessing Foundry Virtual services, but don't know how to get started? A Navigator Appointment is a short (30-minute), same-day appointment with a Foundry Virtual peer supporter where you can share a little bit about yourself and your experiences and talk about possible next steps. These appointments are available to young people 12 - 24 and their caregivers, parents or friends. [Book now](#) or [learn more!](#)

#### Drop-In Counselling for Young People & Their Caregivers

Drop-in counselling sessions by voice, video and chat

[LEARN MORE](#)

#### Peer Support for Young People & Their Caregivers

Peer support one-on-one & follow up sessions

[LEARN MORE](#)

#### Groups & Workshops for Young People

A variety of groups and workshops now available

[LEARN MORE](#)

#### Groups & Workshops for Caregivers

A variety of groups and workshops now available

[LEARN MORE](#)



NORTH SHORE YOUTH SERVICES DIRECTORY  
Serving North & West Vancouver, BC

Youth health services affected due to COVID-19. For up to date availability [contact The Foundry](#) directly.

ALL SERVICES

KIDS UNDER 12

URGENT HELP

BIG QUESTIONS

COVID-19 RESOURCES

ABOUT



Youth health services affected due to COVID-19. For up to date availability [contact The Foundry](#) directly.

If you are in danger or have immediate medical needs

**Call 911**

## URGENT HELP

### Youth Crisis Line

North Vancouver, BC

The Distress Phone Services provide confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair.

[Read More →](#)



TAP TO CALL

### Suicide Support Line

If you are in crisis, call 1-800-SUICIDE – 24 hours a day, 7 days a week from anywhere in BC

[Read More →](#)



TAP TO CALL

### Kids Help Phone

North Vancouver, BC

A 24 hour phone line, website and smartphone app providing immediate support, counselling or assistance.

[Read More →](#)



TAP TO CALL

### Women's Support Line

North Vancouver, BC

For immediate support and information, call the Women's 24-Hour Support Line 604-987-3374

[Read More →](#)



TAP TO CALL

### Youth Against Violence Line

A 24 hour, multilingual help line about bullying, gang activity, harassment, intimidation, sexual exploitation and other issues.

[Read More →](#)



TAP TO CALL





### What We Are Doing



Check out our Community Initiatives  
[Read More →](#)

**Featured Services**

**Events**



Urgent Help X

**Women's Support Line**  
North Vancouver, BC  
For immediate support and information, call the Women's 24-Hour Support Line 604-987-3374  
Read More →

**Victim Support – Hollyburn Family Services**  
North Vancouver, BC  
Victim Support Program for individuals who have experienced abuse, violence or criminal harassment.  
Read More →

**Suicide Support Line**  
If you are in crisis, call 1-800-SUICIDE – 24 hours a day, 7 days a week from anywhere in BC  
Read More →

**First Nations Health Authority/KUU-US Crisis Services Line**  
North Vancouver, BC  
Culturally safe crisis line support services for First Nations and Aboriginal people in BC. Available 24 hours/day, 7 days/week.  
Read More →

**HealthLinkBC**  
At HealthLink BC, you will find medically-approved information on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. You can also search the online Directory to find health services near you. Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night....  
Read More →

**Anxiety BC**  
North Vancouver, BC  
Anxietybc.com is a website full of resources on how to deal with anxiety.  
Read More →

**MCFD Youth Help Line – Ministry of Children & Family Development**  
North Vancouver, BC  
A 24-hour help line for abused children & youth or those that are concerned about them.  
Read More →

**Kids Help Phone**  
North Vancouver, BC  
A 24 hour phone line, website and smartphone app providing immediate support, counselling or assistance.  
Read More →

**bc211 Referral and Information**  
Dial bc211 from any telephone for free information and referrals.




What's New | Collaborative To... x +

collaborativetoolbox.ca

Apps: Gmail YouTube Translate OneLogin NetScaler Gateway Elizabeth Gilbert: I...

collaborative toolbox MENU MENU



A 'one stop shop' for child and youth MHSU tools and resources. Sharing what works, community to community.

[WATCH VIDEO](#)

••



Our Courses | livinglifetothefull.ca/our-courses/ | Update

Canadian Mental Health Association British Columbia | Living Life to the Full | FIND A COURSE | READ E-BOOKS | CONTACT US

FRANÇAIS | COURSES | TEACH THE COURSE | ABOUT US | DONATE

### Course Essentials

**What you learn**

- ✓ Self confidence
- ✓ Problem-solving
- ✓ Stress management
- ✓ Motivation
- ✓ Dealing with unhelpful thoughts
- ✓ Anger management

**Format**  
Living Life to the Full helps people make a difference to their lives in eight enjoyable 90-minute sessions – one per week. Courses are available in-person or virtually by teleconference.

**Cost**  
Prices vary depending on location.

**Who?**  
Everyone! The course is for anyone dealing with stress, anxiety or just needing help in dealing with life's challenges.

[Find a Course](#)

### Explore the course

Mouse-over the booklets below to find out more about the first four sessions of Living Life to the Full.

- WHY DO I FEEL SO BAD?**
- I CAN'T BE BOTHERED DOING ANYTHING**
- WHY DOES EVERYTHING ALWAYS GO WRONG?**
- I'M NOT GOOD ENOUGH**




First Nations Health Authority x +  
fnha.ca Update

## Preventing Overdose in the Face of COVID-19

Overdose deaths are killing people at a higher rate than the COVID-19 virus – and the pandemic is making this public health crisis even worse. The FNHA is responding with ways to get informed, get help, and support others – with facts, with services, and with compassion.

[Learn More](#)



## THERE ARE SAFE ALTERNATIVES TO POISONED DRUGS.

First Nations Health Authority  
A health system for all

## Top Searches

- [Benefits forms](#)
- [Cannabis](#)
- [COVID-19](#)
- [Cultural safety & humility](#)
- [Diabetes](#)
- [FNHA Media Enquiries](#)
- [Grants & funding opportunities](#)
- [Harm reduction & overdose prevention](#)
- [Mental health](#)
- [Treatment centres](#)


## Careers

- [FNHA Current Vacancies](#)
- [First Nations Health Jobs Board](#)
- [About Working with Us](#)

## Healthy, Self-Determining and Vibrant BC First Nations Children, Families and Communities

The FNHA is the first and only provincial health organization of its kind in Canada. We are transforming the way health care is delivered to First Nations and Indigenous people in BC. [Learn more about our vision, mission and values](#)


## Latest News



### [How to Have Conversations About Substance Use](#)

Jan. 28, 2021


You are invited to free webinars about having these difficult conversations with people who may be struggling with addiction...



### [Provincial government releases COVID-19 vaccine rollout plan](#)

Jan. 28, 2021

The government of British Columbia (BC) announced Friday a four-phase approach to delivering millions...



### [Indigenous Youth and Mental Health: Culture and tradition go virtual in a good way](#)

Jan. 28, 2021

During COVID-19, many have found it difficult to stay connected due to the need for physical distancing...

[See more news](#)





First Nations Health Authority  
Health through wellness

# Hope, Help, and Healing

A Planning Toolkit for First Nations and  
Aboriginal Communities to Prevent  
and Respond to Suicide



In Partnership With



Ministry of  
Health

REVISED JULY 2020