



# WEBINAR RESOURCES: COVID-19 IMPACTS: CHILD, YOUTH, AND FAMILY MENTAL HEALTH

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## Online Resources

### *Provider Support Re: CYMH*

- [Compass Mental Health](#)

### *Child and Youth Mental Health*

- [Kelty Mental Health Resource Centre](#)
  - Provides mental health and substance use information, resources, and peer support to children, youth and their families from across B.C.
- [Foundry BC](#)
- [Anxiety Canada](#)
  - Provides self-help, peer reviewed and trusted resources on anxiety. Online resources include educational videos on YouTube, information exchange on Facebook, downloadable articles and resources, and the [Mindshift App](#).
- [mindcheck.ca - mood and anxiety:](#)
  - Helps young people identify and understand the mental distress they may be experiencing and to link them to the skills and strategies they need to manage these problems.
- [Canadian Mental Health Association BC: Youth Program Services](#)
- [Canadian Mental Health Association BC: Find Help](#)

### *Support for parents of kids with mental health challenges*

- [FamilySmart](#)
- [Pandemic Report: Early Experience from Families of Children with Medical](#)

### *Support for kids with neurodevelopmental disorders*

- [UNC Supporting Individuals with Autism through Uncertain Times](#)
- [Autism Speaks: COVID-19 information and resources for families](#)

## *BC Resources*

- [HealthLinkBC: Children, Youth and Families During COVID-19](#)
- [Gov of BC: Virtual mental health supports during COVID-19](#)
- [BC Mental Health & Substance Use Services:](#)
  - Provides a range of specialized mental health and substance use services for adults across the province.

## *Parenting*

- [Mental Health Foundations](#)
- [Centre for Parent and Teen Communication](#)
- [Pandemic Parenting](#)
- [Canadian Mental Health Association BC: Confident Parents: Thriving Kids Behaviour Program](#)
- BC Parenting Support Line
  - Need to talk? Are you juggling home, work, homeschooling and childcare? Are the new changes stressful and taking a toll on your emotional and mental health? Talk to a skilled support worker. Call our provincial parent support line **1-877-345-9777**. Open Monday to Friday 10 am to 4 pm

## *Eating Disorder Screening Tool*

- [SCOFF](#) (follow up if more than one "yes")

## *For Post-Secondary Students*

- [Here2Talk](#)

## *Misc Mental Health Resources*

- [Bounce Back®](#):
  - Helps adults who are experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. Provided by the Canadian Mental Health Association.
- [Heads Up Guys](#):
  - Provides information, tips, and advice to support men in their fight against depression.
- [HeretoHelp](#):
  - Provides information related to mental health and substance use. The website includes personal stories, self-help resources, and information about getting help now.
- [MindHealthBC](#):
  - Provides easy access to information and resources related to mental health and substance use conditions.
- [My Anxiety Plan](#):

- Provides free anxiety management programs based on cognitive-behavioural therapy, an evidence-based psychological treatment. Programs are available for children and teens, and for adults.
- [Wellness Together Canada: Mental Health and Substance Use Support:](#)
  - Launched by the Federal Government, Wellness Together Canada provides free online resources, tools, apps, and connections to trained volunteers and qualified mental health professionals when needed. There is also self assessment followed by referral to self-led resources, as well as phone/text support lines available to adults and youth. Kids Help Phone manages the youth line.

## App Resources

- [BoosterBuddy Mobile App:](#)
  - A free, mobile app for young people to check in on their feelings each day, learning coping skills and keep track of appointments, medications, and tasks. Created in part by a youth design team in the Vancouver Island Health Authority.
- [Dealing with Depression \(DWD\):](#)
  - A resource for teens who have been coping with depressed mood. It teaches a set of skills you can apply to your own life to overcome depression.
- [Mindshift:](#)
  - A free, mobile app designed to help teens and young adults learn how to relax, develop helpful ways of thinking, and identify active steps that will help teens take charge. Created by AnxietyBC.
- [Stresslr:](#)
  - A free web app that provides a fun and engaging way for children ages 9 to 11 to understand what causes them stress, how they react to it, and to develop healthy strategies to cope with stress in their everyday lives.

## Email Services

- BC Partners for Mental Health and Addictions Information:
  - For help and support via email at [bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca). Let them know where you're writing from so they can provide community specific information. A volunteer will email you back within 3 business days.
- [Kelty Mental Health Resource Centre:](#)
  - Get information and support about mental health and substance use challenges via email at [kellycentre@cw.bc.ca](mailto:kellycentre@cw.bc.ca).
- [Youthspace.ca E-Counselling:](#)

- Email a youth counsellor for support with a variety of issues including: social life, family conflict, school and work challenges, addictions, violence and abuse, mental health, and more. You can expect a response within 5 business days.

## Chat Services

- [Crisis Centre Online Chat:](#)
  - Get support, information and resources for adults in B.C. and Yukon. Online chat is available from noon to 1am Pacific Time.
- [Kids Help Phone - Live Chat:](#)
  - Chat counselling lets you connect one-on-one, real time, with a Kids Help Phone counsellor, on the web or from a smartphone. Chats are for youth up to age 20. Available Wednesday to Sunday from 3pm to 11pm Pacific Time.
- [YouthinBC Online Chat:](#)
  - Get support, information and resources for youth in B.C. and Yukon. Online chat is available from noon to 1am Pacific Time.
- [Youthspace.ca Online Chat:](#)
  - A community of volunteers who can provide emotional support, crisis response, and more. Available 6pm to midnight Pacific Time. Also available by text at [778-783-0177](tel:778-783-0177).