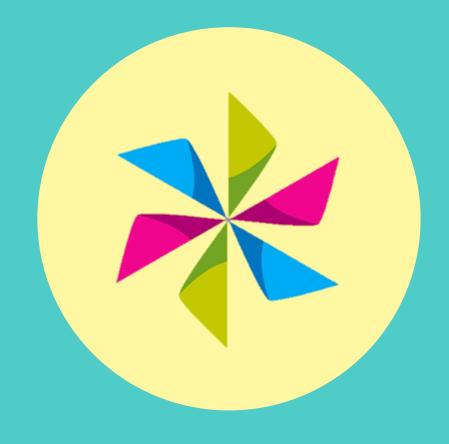
### • RESOURCES FOR TEENS •

## ONLINE COUNSELLING







Has information and strategies to manage anxiety, and a free MindShift App!

### ANXIETYCANADA.COM KELTYMENTALHEALTH.CA

Support for youth, by youth who live with mental illness.

### DWDONLINE.CA

A free online resource for dealing with depression.



### KIDSHELPHONE.CA

Telephone and chat counselling support for teens.



### BOUNCEBACKBC.CA

A program to help youth 15+ manage low mood, mild to moderate depression, anxiety, and more.



### MINDCHECK.ME

Check how your mental health is going and keep track of your improvement!

### • RESOURCES FOR TEENS •

## ONLINE COUNSELLING



# CRISISCENTRE.BC.CA/SPECIAL-PROGRAMMING-DURING-THE-CURRENT-HEALTH-SITUATION/

A free online course beginning April
3rd by Webinar on Tools for Managing
Uncertainty and Change
for youth.

### SECONDSTEP.ORG/COVID19SUPPORT

A free online resource for kids ages 5-13 for mindfulness programs/videos.



### • RESOURCES FOR PARENTS •

## ONLINE COUNSELLING



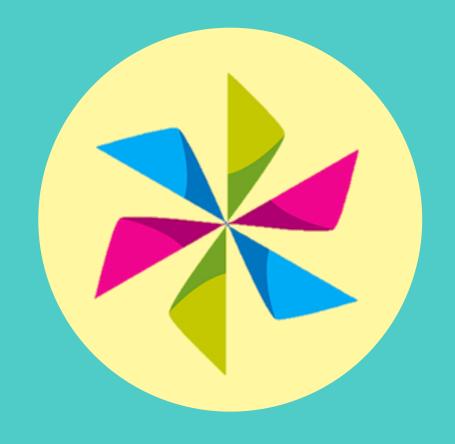
### INFORMATION CHILDREN. COM

A free source for a
Parent Helpline,
Parent Coaching and
Parenting Pamphlets.



CRISISCENTRE.BC.CA/SPECIAL - PROGRAMMING-DURING-THE-CURRENT-HEALTH-SITUATION/

Offers a free online course for Managing Stress and Burnout.



### KELTYMENTALHEALTH.CA

Information and strategies for parents worried during this time.



FAMILY DOCTORS

All doctors in the province are offering their services by phone and in person if needed.

### • TIPS FOR PARENTS IN QUARANTINE •

## MENTAL HEALTH



CHECK-INS

Ask your family: How are feeling? Do you want to talk about anything? And listen!

EXCERCISE

Physical activity is

a great way to

reduce stress.





SET GOALS

Make individual and family goals to stay productive every day.

### ALONE TIME

Giving your family space to be alone once and a while to relax is very helpful.

