

Resources for Children and Youth to access online counselling/mental health support:

Anxiety Canada –<https://www.anxietycanada.com/> – Interactive resource for youth to get information and strategies to manage anxiety. Also have free MindShift App

Kelty Mental Health – <http://keltymentalhealth.ca> - Youth in Residence – Support for youth, by youth who live with mental illness.

www.dwdonline.ca -Dealing with Depression Workbook for Teens – free online resource

<http://Kidshelphone.ca> – telephone and chat counselling support

<https://bouncebackbc.ca/> – 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. *School counsellors and family doctors can refer.*

<https://mindcheck.me/> - check how your mental health is going and keep track of your improvement, FREE and PRIVATE. (Foundrybc.ca)

<https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/>– Offering free online course beginning April 3rd by Webinar on *Tools for Managing Uncertainty and Change for youth*

<https://www.secondstep.org/covid19support> - Access to MindYeti mindfulness program sessions/videos as well as other Second Step resources for ages 5 to 13

Resources for Parents for support:

Information Children – <http://www.informationchildren.com> – offers a Parent Helpline, Parent Coaching and Parenting Pamphlets to families free of charge

Kelty Mental Health – <http://keltymentalhealth.ca> - Parent in Residence – Our PIR, Graeme, is still offering support by phone and email. Graeme.partridge-david@familysmart.ca

Family doctors – All doctors in the province are now offering their services by telephone (as well as in person if needed).

<https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/> - Offering free online course beginning April 1st by Webinar *Tools for Managing Stress and Burnout*

Community Agency Support – Our local agencies such as Child and Youth Mental Health, St. Leonard's and Cameray are continuing to offer counselling support, mainly through electronic means. New intakes are continuing. At CYMH they are open during their regular walk-in hours for intake. However, if families come to the office, they will in most cases be asked to set up a virtual intake meeting time instead of in person.