

Mental Health Resources for Youth & Families

Anxiety Canada - For youth to get information and strategies to manage anxiety. <https://www.anxietycanada.com/>

Kelty Mental Health - Mental health and substance use information and resources. <http://keltymentalhealth.ca>

Kids Health - Information on health, physical and social emotional development for children, youth & parents. <http://Kidshealth.org>

Information Children - Parent helpline, parenting groups, parent coaching and parenting pamphlets all free to families. <http://www.informationchildren.com>

Connect© Parent Program - Connect© helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational contexts. A strength-based approach to supporting families, Connect© is consistent with trauma informed practice and is offered by a variety of professionals in settings such as schools, community agencies and mental health offices. <http://connectparentgroup.org/>

Child and Youth Mental Health (CYMH) - Mental health services and intake clinics for children and teens. <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>

The Foundry - Offers youth aged 12 – 24 health and wellness resources, services, support, online and through integrated services centres. Includes Mindcheck resource. foundry.bc.ca

Kids Help Phone - Phone/ chat counselling support and information for children/ youth on a variety of topics including bullying and cyber bullying. <http://Kidshelphone.ca>

Bounce Back® - Teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety & improve their mental health. <https://cmha.bc.ca/programs-services/bounce-back/>

Teen Mental Health - Resources, information on mental health issues for teens. <http://Teenmentalhealth.org>

How Do I Parent My Teen - Booklet for parents with info on the developmental stages & stressors teens typically experience. <http://teenmentalhealth.org/product/parent-teen/>

How Do I Teen My Parent - Booklet for teens with info on the developmental stages of adolescence & how to communicate with parents. <http://teenmentalhealth.org/product/teen-parent/>

Family Smart - Offers monthly “In The Know” parent information sessions on topics relating to mental health and well-being. Their Parents in Residence (PIR) provide peer support, mentoring, system navigation and access to resources, and education for families experiencing mental health and/or substance use challenges. <http://www.familysmart.ca/programs/familysmart/>

Sitting Still Like a Frog by Eline Snel - Simple mindfulness practices to help children (ages 5-12) with managing anxiety, improving concentration, and handling difficult emotions.

Mindful Games by Susan Kaiser Greenland - Simple games for children to develop attention, focus and identify/regulate emotions.

The Dolphin Parent by Shimi Kang - Dolphin parents focus on maintaining balance in their children’s lives to compassionately, yet authoritatively guide them toward the key 21st century skills of “CQ” —creativity, communication, collaboration and critical thinking.

Brainstorm by Daniel Siegel - Understanding how the teenage brain functions can help parents promote growth, change, and development.

Mindset: The New Psychology of Success by Carol Dweck - Success can be influenced by how we think about our talents and abilities. People with a *fixed mindset* — those who believe that abilities are fixed — are less likely to flourish than those with a *growth mindset* — those who believe that abilities can be developed.

Raising Human Beings: Creating Collaborative Partnerships with your Child by Ross Greene - How to cultivate a better parent-child relationship while also nurturing empathy, honesty, resilience, and independence.

