

# Youth Mental Health Support

The plan for initial supports and services that we agreed to includes:

## 1. Local community and CYMH resources:

- Dealing with Depression Workbook. Can be read online or downloaded at [http://www.comh.ca/publications/resources/dwd/DWD\\_PrintVersion.pdf](http://www.comh.ca/publications/resources/dwd/DWD_PrintVersion.pdf)
- Smiling Mind or Mindshift app- Available to download free of cost through iTunes or Google Play store.
- YouthInBC.com- An online crisis chat service, where you can chat 1-on-1 with a trained volunteer from the Crisis Centre. Available 12pm - 1am PST.
- Youthsapce.ca - An online space for youth to share thoughts and feelings. 778.783.0177 6pm - 12am PST 7 days a week. Free to text, although may be charged by your own mobility provider.
- Anxiety Canada <https://www.anxietycanada.com/> Self-help, and evidence-based resources on anxiety. Promotes understanding about anxiety and anxiety disorders .
- Kelty Mental Health [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) Self Help Resources for Children and Youth
- Sleep Hygiene handout <https://www.cci.health.wa.gov.au/~media/cci/mental%20health%20professionals/sleep/sleep%20-%20information%20sheets/sleep%20information%20sheet%20-%2004%20-%20sleep%20hygiene.pdf>
- Coping with Suicidal Thoughts <https://yourlifecounts.org/organization/wp-content/uploads/2018/09/coping-with-suicidal-thoughts.pdf>
- Strengthening Family Ties: A Workbook of Activities Designed to Strengthen Family Relationships [https://www.families-first.net/uploads/userfiles/files/FL\\_Youth\\_02.pdf](https://www.families-first.net/uploads/userfiles/files/FL_Youth_02.pdf)

## 2. Copies of resource information provided on the following:

- Anxiety
- Sleeping concerns
- School/occupational functioning challenges
- Mood concerns
- Thought concerns
- Inattention, distractibility, and impulsivity

Additional information about what you can expect from our service is available at:  
[http://www.mcf.gov.bc.ca/mental\\_health/pdf/what\\_to\\_expect\\_mhservices.pdf](http://www.mcf.gov.bc.ca/mental_health/pdf/what_to_expect_mhservices.pdf)