

## Mental Health Resources and Supports

### Crisis Supports:

**Kids Help Line** | 1-800-668-6868

**Kids Help Phone** | Text CONNECT to 686868)

**Fraser Health Crisis line** | 604-951-8855 or 1-877-820-7444 (toll free)- trained volunteers provide emotional crisis support 24 hrs/day, 7 days a week.

**Short Term Assessment Response Team (START)** | support during crisis of extreme mental health symptoms. Provides confidential mental health crisis intervention services for children and teens. 1-844-START 11 (1-844-782-7811)

**Mental Health Support Line (24/7 all ages)** | **310-6789**

**Call #211-** United Way Centraide | information/referral for community, government and social services supports

**Emergency Mental Health Crisis** | Call 911 – Car 67 Mental Health Police Response |

**Suicide Prevention Crisis Line** | 1-800-784-2433

**Suicide Prevention Education and Counselling (SPEAC)** | 604-584- 5811

**Child and Youth Mental Health Clinics** |

South Surrey   White Rock	604-542-3900	<a href="http://www.cymhsrss.com">www.cymhsrss.com</a>
Surrey   Cloverdale	604-951-5701	
Surrey   Newton	604-501-3122	
Surrey   Guildford	604-586-2685	
Surrey   North	604-951-5960	

**Kuu-us Crisis Response Services** | toll-free 1-800-588-8717, provides 24/7 culturally-aware crisis support to Indigenous people in B.C.

**Hope for Wellness Help Line** | toll-free 1-855-242-3310, offers 24/7 counselling and crisis intervention by phone or online chat. Available in French, English, Cree, Ojibway, and Inuktitut.

**Metis Crisis Line** | 1-833-638-4722, provides 24/7 metal health support, including crisis intervention and access to crisis programs.

### Resources:

**Kelty Mental Health Resource Centre** | Children’s Hospital – resources for students, families and educators.  
<https://kelymentalhealth.ca/>

**Foundry BC** | offers young people ages 12-24 health and wellness resources, services and supports-online and through integrated services in communities across BC <https://foundrybc.ca>

**Fraser Health Child and Youth Mental Health Resources** | [www.fraserhealth.ca](http://www.fraserhealth.ca)

**Here to Help** | [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**BC Government Mental Health and Substance Use Supports in BC** | [www.2gov.bc.ca](http://www.2gov.bc.ca)

**Anxiety Canada** | [www.anxietycanada.com](http://www.anxietycanada.com)

**Canadian Mental Health Association** | [www.cmha.ca](http://www.cmha.ca)

**Mental Health Commission of Canada** | [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

**Wellness Together Canada: Mental Health and Substance Use Support** | [www.canada.ca](http://www.canada.ca)

## Counselling:

Please contact your school based counsellor or District Resource Counsellor if you require further counselling supports and /or community based supports during this time.

**BC Association of Clinical Counsellors** | 1-800-909-6303 [www.bc-counsellors.org](http://www.bc-counsellors.org)

**BC Psychological Association** | [www.psychologists.bc.ca](http://www.psychologists.bc.ca)

**Homewood Health** – Surrey Schools Employee | Family Assistance Program | **1-800-663-1142**

**DIVERSEcity** – Multicultural counselling services | 604-597-0205 [www.dcrs.ca](http://www.dcrs.ca)

**CRE 8 – Art Therapy – Surrey Schools** | [epiper@surreyschools.ca](mailto:epiper@surreyschools.ca)

**Sources Community Resource Centre** | [www.sourcesbc.ca](http://www.sourcesbc.ca)

**Together White Rock | South Surrey** | [www.together-wr.com](http://www.together-wr.com)

**Aboriginal Child and Youth Mental Health Services** | 604-586-4200

**FRAFCA** (Fraser Region Aboriginal Friendship Centre Association) | [www.frafca.org](http://www.frafca.org)

## Managing COVID-19 | Resources

**CYMHSU Community of Practice:** Managing Anxiety and Stress in Families with Children and Youth during the COVID- 19 outbreak | [www.sharedcarebc.ca](http://www.sharedcarebc.ca)

**National Association of School Psychologists** | Resources for Parents/Educators. [www.nasponline.org](http://www.nasponline.org)

**The Collaborative for Academic, Social and Emotional Learning** | <https://casel.org/covid-resources>

**Teen Mental Health** | Staying connected during Covid 19 [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

**Kelty Mental Health** | CoVid 19 Resources [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

**No Fear Counselling** | [www.nofearcounselling.com](http://www.nofearcounselling.com)

**Moving Forward Family Services** | 778-321-3054

**Alongside You:** COVID 19 Online Community Mental Health Support Group | [www.alongsideyou.ca](http://www.alongsideyou.ca)

**Stigma Free Society:** COVID-19 Youth Wellness Toolkit | [www.stigmafreesociety.com](http://www.stigmafreesociety.com)

## Apps and Mindfulness recordings

**Guided Mindfulness Meditations** by Dr.Vo | Kelty Mental Health [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

**UCLA Free guided mindfulness meditations** | <http://marc.ucla.edu/body.cfm?id=22>

Mindful Teen Website | <http://mindfulnessforteens.com/guided-meditations/>

**Apps:** Headspace | Calm | Breathe2Relax|MoodGym|Breathr|Mindshift|Headspace|Mind Your Mood |What's Up? | Smiling Mind| Stop, Breathe, Think |Insight Timer