

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 & teens. 1-844-START 11 (1-844-782-7811)

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

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	www.cymhsrss.com
Surrey Cloverdale	604-951-5701	
Surrey Newton	604-501-3122	
Surrey Guildford	604-586-2685	
Surrey North	604-951-5960	

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 & wellness resources, services and supports-online & through integrated services in communities across BC - <https://foundrybc.ca>

Fraser Health Child and Youth Mental Health Resources: www.fraserhealth.ca

Here to Help: www.heretohelp.bc.ca

BC Government Mental Health and Substance Use Supports in BC: www.2gov.bc.ca

Anxiety Canada: www.anxietycanada.com

Canadian Mental Health Association: www.cmha.ca

Mental Health Commission of Canada: www.mentalhealthcommission.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

BC Psychological Association: 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

CRE 8 - Art Therapy - Surrey Schools: epiper@surreyschools.ca

Sources Community Resource Centre: www.sourcesbc.ca

Moving Forward Family Services: 778-321-3054

Aboriginal Child and Youth Mental Health Services: 604-586-4200

FRAFCA (Fraser Region Aboriginal Friendship Centre Association): 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

National Association of School Psychologists: Resources for Parents/Educators 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

Kelty Mental Health: COVID-19 Resources www.keltymentalhealth.ca

Alongside You: COVID-19 Online Community Mental Health Support Group www.alongsideyou.ca

Stigma Free Society: COVID-19 Youth Wellness Toolkit www.stigmafreesociety.com

Apps and Mindfulness recordings

Guided Mindfulness Meditations by Dr. Vo | Kelty Mental Health 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