

Mental Health Resources and Supports

Crisis Support

- **Kids Help Phone:**
 - 1-800-668-6868 (support in French or English)
 - reach a counsellor 24/7
 - text CONNECT to 686868 (24/7)
 - [live chat](#) via the website (9:00pm – 4:00am)
- Mental Health Support Line (24/7 for all ages): 604-310-6789
- **Suicide Prevention Crisis Line:**
 - toll-free 1-800-784-2433 or (604) 872-3311
 - 24/7 confidential, non-judgmental free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide - available in 140 languages

Mental Health Resources (Click on the red link for their website)

- **Child and Youth Mental Health - Community Based Services:** information on Child and Youth Mental Health teams located across the province, and services provided. CYMH teams are operational, either on site (with physical distancing) or virtual. Intake clinics are also operational, so new referrals are being processed. Phone number 604-9515960
- **Anxiety Canada:** expert tools and resources to help manage anxiety (adults and children).
- **Heretohelp:** provides information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking.
- Mindful Teen Website <http://mindfulnessforteens.com/guided-meditations/>
- FoundryBC : Great mental health self-checks, resources and support for people aged 12-24 years. <https://foundrybc.ca>
-

Phone Apps with great calming strategies (free)

- Mindshift
- Headspace
- Stop, breathe and think