

Important Mental Health Resources

ADHD

- *“Taking Charge of ADHD, Fourth Edition: the Complete, Authoritative Guide for Parents”* by Russell Barkley, Ph.D.
- [ADDitude Magazine - https://www.additudemag.com/Inside the ADHD Brain: Tests, Treatment, Support](https://www.additudemag.com/Inside the ADHD Brain: Tests, Treatment, Support)
- [Understood - For learning and thinking differences](#)
- *“Smart but Scattered: The Revolutionary ‘Executive Skills’ Approach to Helping Kids Reach Their Potential”* by Peg Dawson & Richard Guare
- *“Smart but Scattered Teens: The ‘Executive Skills’ Program for Helping Teens Reach Their Potential”* by Peg Dawson, Richard Guare, & Colin Guare

Anxiety and Anxiety-related Challenges

- [Tackling Stress as a Family](#)
- [Anxiety Canada](#)
- <https://bouncebackbc.ca/>
- [How to Cope With an Anxious Child | Anxiety in Children](#)
- *“Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children”* by Reid Wilson, Ph.D. and Lynn Lyons, LICSW

Behaviour & Discipline

- *“The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children”* by Ross W. Greene, Ph.D.
- [Positive Parenting | Effective Child Discipline | 1-2-3 Magic Parenting](#) Guide to Positive Parenting & Discipline Program, Thomas W. Phelan, Ph.D.

BIPOC, Anti-Racism, Multicultural Resources

- [Family Tipsheet: How to Talk to Your Child About Racism](#)
- [Racism and Mental Health](#)
- [TeenMentalHealth.Org](#)
- [Other Languages | Here to Help](#)
- [Information in Other Languages](#) (from the Centre for Addiction & Mental Health)
- [Resource Library](#) (Refine search by language at Keltly Mental Health)
- [Languages | canlearn](#) (Information on ADHD & Learning Challenges in multiple languages)

Body Image, Eating Disorders

- [Kelty Eating Disorders: Home](#)
- <https://jessieslegacy.com/>
- [The Looking Glass Foundation: HOME](#)

Child Development, Parenting, Families

- [Nemours KidsHealth - the Web's most visited site about children's health](#)
- [Parents Guide to Developmental Milestones](#)
- [FamilySmart - Together-Centred™ for Child & Youth Mental Health](#)
- [Key Concepts - Science of Child Development](#)
- [Raising Resilient Kids — PEPS](#)
- *“The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind, Survive Everyday Parenting Struggles, and Help your Family Thrive”* by Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.
- *“Siblings without Rivalry: How to Help your Children Live Together, so You can Live Too”* Adele Faber & Elaine Mazlish
- *“The Neuroscience of Healthy Relationships”* by Louis Cozolino, Ph.D.
- *“The Power of Showing Up”* by Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.
- *“The Heart of Parenting”* by John Gottman, Ph.D.
- *“Hold On To Your Kids”* by Gordon Neufeld, Ph.D. & Gabor Mate, M.D.

Depression

- [Depression & Depressive Disorders](#)
- [Understanding Depression](#)
- [CMHA - Children, Youth, and Depression](#)
- [Depression and Bipolar Disorder](#)

Executive Functioning & Self-Regulation

- [A Guide to Executive Function](#)
- [Cognitive Connections](#) (Sarah Ward)
- *“Executive Functions: What They Are, How They Work, and Why They Evolved”* by Russell Barkley, Ph.D.
- *“Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them”* by Ross W. Greene, Ph.D.
- *“Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life”* by Dr. Stuart Shanker

Grief & Loss

- [Helping Children Cope With Grief](#)
- <https://www.peacearchhospice.org/>
- [Canadian Virtual Hospice](#)

Learning Differences & Disorders

- <https://www.understood.org/>
- [Gifted Children's Association of British Columbia – Connecting to Support the Gifted](#)
- [Growth Mindset for Parents Course](#)

Mental Health Information, Education & Support

- <https://keltymentalhealth.ca/>
- <https://www.heretohelp.bc.ca/>
- <https://www.helpguide.org/>
- <https://teenmentalhealth.org/>
- <http://www.bc211.ca/>
- <https://bouncebackbc.ca/>
- <https://mdabc.net/> (Mood Disorders Association of BC)
- [Early Psychosis Intervention](#)

Self-Harm & Suicide

- [Youth in BC](#)
- [Crisis Centre Chat](#)
- [Warning Signs of Suicide in Children and Teens](#)
- [Your Life Counts – Reconnecting people with hope and their reasons2live](#)
- [Help for Cutting and Other Self-Injury | Self-Harm Help](#)

Sexuality and Gender, LGBTQ+

- *“Talk Sex Today: What Kids Need to Know and How You Can Help Them”* by Meg Hickling & Saleema Noon
- [Puberty](#)
- <https://www.sexandu.ca/> (for teens, young adults, adults)
- [Support for Parents — QMUNITY](#)
- [Coming Out: Information for Parents of LGBT Teens](#)

Social Media and Technology Use:

- [Raising Digitally Responsible Youth](#) (Safer Schools Together)
- <https://www.common sense media.org/>
- [Screen Time Parent Concern](#)

Substance Use and Addiction

- [Substance Use](#)
- [Substance Use Services – Sources Community Resource Centres](#)

Violence & Trauma

- [VictimLinkBC](#)
- [Read: Helping Children Cope with Traumatic Events](#)
- [Parenting After Trauma: Understanding Your Child's Needs](#)

Wellness & Self-Care

- [Read: Coronavirus Mental Health Toolkit](#)
- [Helpguide: Building Better Mental Health](#)
- [Importance of Self-Care: Why Parents Need Time Out to Recharge](#)

Youth Clinics & Organizations

- [Foundry - Where Wellness Takes Shape](#)