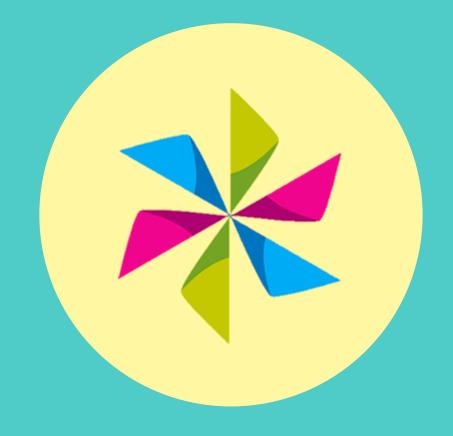
• RESOURCES FOR TEENS •

ONLINE COUNSELLING







Has information and strategies to manage anxiety, and a free MindShift App!

ANXIETYCANADA.COM KELTYMENTALHEALTH.CA

Support for youth, by youth who live with mental illness.

DWDONLINE.CA

A free online resource for dealing with depression.



KIDSHELPHONE.CA

Telephone and chat counselling support for teens.



BOUNCEBACKBC.CA

A program to help youth 15+ manage low mood, mild to moderate depression, anxiety, and more.



MINDCHECK.ME

Check how your mental health is going and keep track of your improvement!

• RESOURCES FOR TEENS •

ONLINE COUNSELLING



CRISISCENTRE.BC.CA/SPECIAL-PROGRAMMING-DURING-THE-CURRENT-HEALTH-SITUATION/

A free online course beginning April
3rd by Webinar on Tools for Managing
Uncertainty and Change
for youth.

SECONDSTEP.ORG/COVID19SUPPORT

A free online resource for kids ages 5-13 for mindfulness programs/videos.



• RESOURCES FOR PARENTS •

ONLINE COUNSELLING



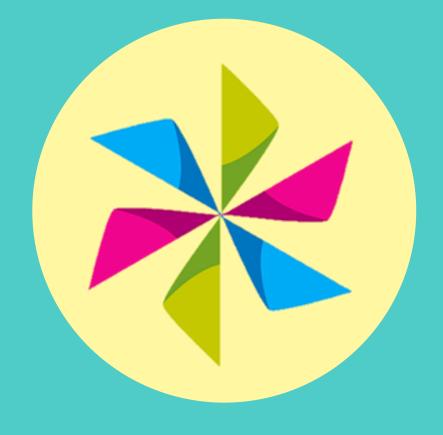
INFORMATION CHILDREN. COM

A free source for a
Parent Helpline,
Parent Coaching and
Parenting Pamphlets.



CRISISCENTRE.BC.CA/SPECIAL - PROGRAMMING-DURING-THE-CURRENT-HEALTH-SITUATION/

Offers a free online course for Managing Stress and Burnout.



KELTYMENTALHEALTH.CA

Information and strategies for parents worried during this time.



FAMILY DOCTORS

All doctors in the province are offering their services by phone and in person if needed.

• TIPS FOR PARENTS IN QUARANTINE •

MENTAL HEALTH



CHECK-INS

Ask your family: How are feeling? Do you want to talk about anything? And listen!







SET GOALS

Make individual and family goals to stay productive every day.

ALONE TIME

Giving your family space to be alone once and a while to relax is very helpful.

