RESOURCES FOR TEENS

## ONLINE COUNSELLING



Has information and strategies to manage anxiety, and a free MindShift App! Support for youth, by youth who live with mental illness.

#### DWDONLINE.CA

**GWG** 

A free online resource for dealing with depression.



#### KIDSHELPHONE.CA

Telephone and chat counselling support for teens.

#### BOUNCEBACKBC.CA

... BounceBack®

reclaim your health

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



Here to listen. Here to help.

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.



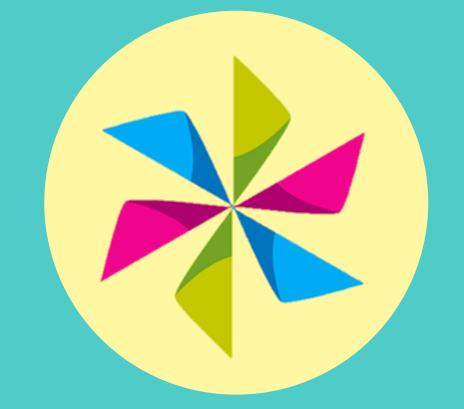
### RESOURCES FOR PARENTS

# ONLINE COUNSELLING



#### INFORMATIONCHILDREN.COM

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



#### **KELTYMENTALHEALTH.CA**

Information and strategies for parents

## worried during this time.



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

Offers a free online course for Managing Stress and Burnout.



#### FAMILY DOCTORS

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