

## Child and Youth Mental Health Recommended Resources

The following resources are recommended for teens and/or parents to try while they are waiting for further mental health services. Many of the recommended resources are supported by clinical or research evidence for treating mental health symptoms and will help children and youth have success outside of a counsellor's office.

### Anxiety

#### Websites

- [www.anxietycanada.ca](http://www.anxietycanada.ca) - Articles about anxiety symptoms, disorders, and treatment for teens & parents.
- [maps.anxietycanada.com](http://maps.anxietycanada.com) - My Anxiety Plan is a self-directed anxiety management program for parents or individuals.

#### Programs

- **Confident Parents, Thriving Kids for Anxiety (CPTK-A)**. A free, strengths-based, phone coaching program for parents and caregivers of children ages 3-12 years who struggle with anxiety. Contact your CYMH clinician, school counsellor, family doctor, or pediatrician to be referred.

#### Apps



- **Mindshift CBT app**. MindShift is an app designed to help you cope with anxiety, using strategies to help you deal with everyday anxiety and specific tools to tackle a range of challenges.



- **SAM: Self-help for anxiety management app**. SAM is an app to help you understand and manage your anxiety including tools to help you monitor anxious feelings, practice physical and mental relaxation and build your own toolkit of resources to draw on as needed.



- **What's Up? - A mental health app**. What's Up? can help you cope with anxiety, stress and feelings of depression. It has interactive games, forums, thought tracking diary and helpful techniques to manage your feelings.

### Depression/Low Mood

#### Websites

- <https://dwdonline.ca/> - Dealing with Depression Online is an interactive resource that can help you understand and deal with low mood and depression. A step-by-step approach can help you learn how to apply realistic thinking, problem solving, and goal setting to your daily life.
- <https://www.walkalong.ca/explore/mind-steps> - Small steps to take care of yourself and help you get through the day.

#### Programs

- **Bounce Back®** is a free program for individuals 15 and older experiencing mild to moderate depression. Resources include videos, coaching by phone, video-conference or text, and an online self-help program. Your doctor and/or clinician can refer you to the full program.  
<https://bouncebackbc.ca/what-is-bounceback-youth/>

#### Apps



- **Feeling Good: Positive Mindset app**. Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience building techniques from sport to help improve positive feelings, self-esteem and self-confidence.



- **MoodMission app**. MoodMission helps you learn ways of coping with low mood and anxiety. Tell the app how you're feeling and get a tailored list of 5 Missions to help you feel better. Missions are activities and mental health strategies that are quick, easy, and backed up by scientific evidence.

## Emotion &amp; Behaviour Regulation

## Websites

- [www.mentalhealthfoundations.ca/parent-coaching](http://www.mentalhealthfoundations.ca/parent-coaching) - Free webinar videos of the EFFT parent workshops offered at CYMH. For parents and caregivers struggling with the behavioural or emotional needs of their child.
- [www.livesinthebalance.org/parents-families](http://www.livesinthebalance.org/parents-families) - Free videos and resources for parents/caregivers of children with various behavioural challenges, based on the Collaborative & Proactive Solutions (CPS) model by Dr. Ross Greene.

## Programs

- **Confident Parents, Thriving Kids for Behaviour (CPTK-B)**. A free, strengths-based, phone coaching program for parents and caregivers of children ages 3-12 years who struggle with behavioural challenges. The CPTK-B program is accessed through referral from a family doctor or pediatrician.

ADHD Symptoms \*in addition to Emotion & Behaviour Regulation resources

## Websites

- <https://caddac.ca/adhd/> - Information written specifically for parents on ADHD, assessment, treatment, school advocacy, parent info, support, and more.
- <https://healthymindslearning.ca/rollingwith-adhd/> - An eight module series offering practical strategies for parenting ADHD, from the ADHD clinic at BC Children's Hospital.
- <https://www.additudemag.com/> - Articles and resources about ADHD for all ages, including sections on ADHD parenting and treatment.

## Books



- ***Smart but Scattered: The revolutionary "executive skills" approach to helping kids reach their potential.*** by Peg Dawson & Richard Guare (2009). A resource for parents to help their child build skills.

## Relaxation/Mindfulness

## Websites

- <http://mindfulmike.ca/meditations-for-youth> Mindful Mike meditations are free audio and video recordings that help children and youth learn mindfulness skills to reduce stress and anxiety.
- <https://blissfulkids.com/> Games and activities for families to learn everyday mindfulness principles outside of meditation.

## Apps



- **Smiling Mind app.** This app has body scan meditations to help children develop the awareness of what's happening in their bodies.

## Traumatic Life Events

## Websites

- <https://www.complextrauma.ca/> A local program website with resources for foster and adoptive parents of children and youth who have experienced complex trauma.

## Resources

- **SARA for Women.** Provides support, education and prevention services for those affected by violence and abuse. [www.saraforwomen.ca](http://www.saraforwomen.ca) or 604-820-8455.
- **Mission Hospice Society.** Supports individual and families with grief and loss issues. [www.missionhospice.bc.ca](http://www.missionhospice.bc.ca) or 604-860-7713

## Programs

- **Crime Victims Assistance Program.** Assistance for those who have been physically or emotionally hurt from a crime. Contact [cvap@gov.bc.ca](mailto:cvap@gov.bc.ca) or 1-866-660-3888.

## Community Programs & Resources

- **Foundry Province-wide Virtual Services**, including 'drop-in style' counselling available through [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual) or 1-833-308-6379.
- **Foundry Abbotsford** offers virtual and in-person services available for youth ages 12 to 24. Services include the Youth Health Clinic, Walk-in Counselling (for youth and caregivers), mental health support groups, and Youth & Family Navigation & Peer Support, plus a variety of other health and social services. Go to [www.foundrybc.ca/abbotsford](http://www.foundrybc.ca/abbotsford) or call 604-746-3392 for more info.
- **Mission Youth (MY) House** is a local, safe place for youth ages 14-24 that provides a comfortable daytime refuge where youth can access resources necessary for their wellbeing. They provide food, showers, laundry, educational, medical, and mental health supports from caring adults. Learn more at [www.facebook.com/missionyouthhouse](https://www.facebook.com/missionyouthhouse) or [mission@youthunlimited.com](mailto:mission@youthunlimited.com)
- **FamilySmart's 'Parent in Residence'** offers parent-support from parents with lived experience of having children with mental health struggles. They offer video webinars called 'In the Know' (access video library here: <https://familysmart.ca/program/itk/>). Mission's Parent in Residence, Monica Thimer, is able to meet with parents to offer peer support and mentorship as they navigate the mental health system with their children. Monica is happy to connect with other parents and can be first reached through email: [monica.thimer@familysmart.ca](mailto:monica.thimer@familysmart.ca)
- **Mission Community Services** offers parent groups including: Balanced Parenting (parents of children ages 6-12) and Connect Parenting (parents of youth ages 11-16). Contact 604-826-3634 for more info.
- **Early Years services** through Mission Community Services. These programs support families with young children aged 0-6 years in building healthy relationships and community networks. Locations offer a welcoming, nurturing and respectful environment where parents and their children can spend quality time together through a choice of programs that meet their needs. Contact [earlyyears@missionmcss.com](mailto:earlyyears@missionmcss.com) or call 604-826-6194.
- **Mission Friendship Centre** A nonprofit organization focused on helping to meet the needs of Aboriginal and Non-Aboriginal people and families who are making a transition to the urban community. Contact 604-826-1281 for more info.

## Substances

- **Fraser House Outpatient Services** in Mission. The Youth and Family Program offers confidential counselling, school support, prevention, early intervention, and referrals to detox and residential treatment. For youth ages 12 to 24 experiencing substance use issues or are affected by the substance use of someone close to them, as well as parent and other family member support. Go to [www.fraserhouse.org](http://www.fraserhouse.org) or call 604-826-6810.
- **IMPACT Youth and Family Support** services for youth ages 12 to 24 and their families, in Abbotsford and Mission. They offer drop-in programs, individual counselling, family counselling, workshops, groups, and special programs for parents and community members. Go to [www.impactabby.com](http://www.impactabby.com) or call 604-853-1766.
- **Creekside Detox.** An in-patient withdrawal management service for both youth and adults. This resource provides a safe, supportive medically supervised environment for individuals withdrawing from the acute effects of alcohol and/or other drugs. Stabilization up to 30 days is available. Call 604--587-3755.

## Gender & Sexuality

- **BC Council for Families.** Search 'LGBT' and find resources for families with LGBTQ+ members. [www.bccf.ca](http://www.bccf.ca)
- **Transgender Health** support services include those for people who identify as transgender or gender diverse or who are questioning their gender identity. Also provides information and support for family, friends, loved ones, and service providers. [www.transhealth.vch.ca](http://www.transhealth.vch.ca) or 1-877-330-6366
- **The Fraser Valley Youth Society.** A not-for-profit society operating in the Fraser Valley that offers local advocacy to youth. Contact [info.fvys@gmail.com](mailto:info.fvys@gmail.com) or call 604-200-3203.
- **Other websites:** [www.amaze.org](http://www.amaze.org); [www.pflagcanada.ca](http://www.pflagcanada.ca); [www.qmunity.ca](http://www.qmunity.ca)