

Child and Youth Mental Health and Substance Use Resource Guide for Families

**NORTHERN HEALTH CHILD
AND YOUTH HEALTH SERVICE
NETWORK**

January 2024



northern health
the northern way of caring

HOW TO USE THIS GUIDE

When a child or youth is struggling with their mental health or there are concerns about substance use, it is not always clear where to go for information or support.

We have created this guide to help youth and families find information and supports, and to provide contact information for local and virtual counselling services.

To get started – **click on any of the points below** for more information:

| | |
|---|---------------------------|
| <u>I need help immediately (urgent crisis support)</u> | <u>3</u> |
| <u>I'm a youth looking for information or support</u> | <u>4</u> |
| <u>I'm a parent/caregiver looking for information or support</u> | <u>5</u> |
| <u>I'm looking for primary care or need a referral for services</u> | <u>14</u> |
| <u>I'm looking for in-person counselling</u> | <u>15</u> |
| <u>I'm looking for virtual counselling or virtual services</u> | <u>19</u> |

If you have any questions or feedback on this resource please send an email to:

ChildYouthHealth@northernhealth.ca

I NEED HELP IMMEDIATELY (urgent crisis support)

If you or your child is having a mental health or substance use crisis, you can contact any of these supports 24 hours a day, 7 days a week.

If you need immediate help, call 911 or go to your local hospital's emergency room (ER).

| 24/7 Urgent/Crisis Supports | | How to Connect |
|-----------------------------|--|---|
| Child & Youth Specific | Kid's Help Phone: Offers professional counselling, peer support, information and referrals to young people in both English and French. | Call 1-800-668-6868 Text CONNECT to 686868 |
| All ages | <p>Canada Wide Crisis Line: If you or someone you know is thinking about suicide, call or text 9-8-8 at any time</p> <p>Northern BC Crisis Line: A safe and non-judgmental crisis line to discuss anything troubling you. They also have a line just for youth</p> <p>crisis-centre.ca</p> | <p>Call or Text 9-8-8</p> <p>Call 1-888-562-1214 Text 250-563-1214</p> |
| Indigenous | KUU-US Crisis Line: Provides support to Indigenous people in BC. They also have a line just for youth | Call 1-800-588-8717 |

I'M A YOUTH LOOKING FOR INFORMATION OR SUPPORT

If you are struggling or need support, there are many resources available.

Find information

- Visit the Foundry BC website for health and wellness resources foundrybc.ca

Build skills to improve your mental health and wellness

- **Download Breathr**, a free app that supports practicing mindfulness and building skills to reduce stress keltymentalhealth.ca/breathr.
- **Check out Bounce Back Coaching program** (bouncebackbc.ca). This free skill building program will help you learn to manage low mood, mild to moderate depression, anxiety, stress or worry (for ages 15 & up). You can ask your family doctor or nurse practitioner for a referral or contact the [virtual primary care options for assistance](#).
- Visit the online **Cuystwi Young Warriors Quest**. This program for Indigenous children and youth can help you learn about identity, culture, the history of colonization, racism, and what it means to be a warrior – Check it out here: [Cuystwi young warriors quest](#).

Find someone to talk to

- **Foundry provides in person and virtual services** for mental health, substance use, primary care, and social services for all youth ages 12 to 24. In-person services are only available in some communities but virtual services can be accessed anywhere! Call 1-833-308-6379 or access through the new [Foundry BC app](#).
- **Youth in BC** provides an online crisis chat service when you need to talk to someone or need a safe place to help find support. Online chat is available from 12:00 pm to 1:00 am every day at youthinbc.com.
- **Kids Help Phone** is available to help 24 hours a day, 7 days a week. They provide mental health services by phone, text and online chat.
 - Call 1-800-668-6868 or Text CONNECT to 686868
 - Visit kidshelpphone.ca

I'M A PARENT/CAREGIVER LOOKING FOR INFORMATION OR SUPPORT

This section lists key resources to help you as a parent/caregiver find information and learn about programs and services. We have divided this section by common child and youth mental health and substance use topics.

To get started – Click on any of the topics below for more details:

- [General Information & Support on Child & Youth Mental Health Concerns](#)
- [Anxiety](#)
- [Behavioural concerns \(ADHD, ODD\)](#)
- [Depression](#)
- [Disordered Eating & Eating Disorders](#)
- [Healthy Living, Mental Wellness & Coping Skills](#)
- [Neurodevelopmental Diagnoses \(Autism, FASD\)](#)
- [Self-Injury & Suicide](#)
- [Substance Use](#)

GENERAL CHILD & YOUTH MENTAL HEALTH CONCERNS

Find Information

The following online resources can help you learn about your child's mental health, substance use challenge, diagnosis, or medications.

- [Kelty Mental Health Resource Centre](#)
- [Canadian Mental Health Association](#)
- [Here to Help BC](#)
- [BC Schizophrenia Society](#)

Programs and Services

| Program | What they provide | How to connect |
|--------------------|---|---|
| FamilySmart | Connects parents/caregivers with other parents who have experience of children living with mental health and substance use challenges. They can provide peer support, support with navigation, and assistance with resources. Support is available one-on-one, and through their monthly " In The Know " series. | https://familysmart.ca/ |

ANXIETY

Find Information

- Visit Anxiety Canada for information & self-help resources for anxiety & stress www.anxietycanada.com/

Programs and Services

| Program | What they provide | How to connect |
|---|---|--|
| Confident Parents Coaching Program | This program is for parents and caregivers dealing with anxiety issues in their child (ages 4 to 12). It combines video sessions with 1-on-1 coaching support by phone to help you learn to handle these challenges. They also offer the Big Worries, Strong Parent Program for Indigenous Families. For information visit Confident Parents: Thriving Kids (cmhacptk.ca) | Any of the following service providers can provide a referral: physicians, Child and Youth Mental Health clinicians, Aboriginal Child and Youth Mental Health clinicians, Nurse Practitioners, psychologists, registered counselors, teachers, school counselors and ECE's. Referral Link https://welcome.cmhacptk.ca/referral-anxiety/ |
| Bounce Back BC | A free skill-building program for youth age 15+ to manage low mood, mild to moderate depression, anxiety, stress or worry. For more information visit bouncebackbc.ca | The BounceBack Online program and BounceBack Today Videos are accessible without a referral or primary care provider. To access the Coaching program ask your primary care provider (family doctor or nurse practitioner) or a school counselor for a referral. |

BEHAVIOURAL CONCERNS (ADHD, OPPOSITIONAL DEFIANT DISORDER)

Find Information

- Check out Kelty Mental Health's [recommended resources for Attention-Deficit/Hyperactivity Disorder \(ADHD\)](#)
- Learn about practical strategies for parenting a child with ADHD from Rolling with ADHD healthymindslearning.ca/rollingwith-adhd/

Programs and Services

| Program | What they provide | How to connect |
|---|---|---|
| Confident Parents Coaching Program | <p>This program is for parents and caregivers dealing with behavioural issues in their child (ages 4 to 12). It combines video sessions with 1-on-1 coaching support by phone to help you learn to handle these challenges.</p> <p>Visit Confident Parents: Thriving Kids (cmhacptk.ca)</p> | <p>Ask your primary care provider (family doctor or nurse practitioner) for a referral. If you do not have a primary care provider, virtual primary care options are available.</p> |

DEPRESSION

Find Information

Check out Kelty Mental Health's [recommended resources about Depression](#)

Programs and Services

| Program | What they provide | How to connect |
|-----------------------|---|--|
| Foundry | Foundry offers young people ages 12 to 24 resources, services, and supports for mental health care, substance use services, primary care, social services, and youth and family peer supports. | Foundry supports are available online and through centres in several communities across BC. Visit foundrybc.ca/get-support/virtual |
| Bounce Back BC | A free skill-building program for youth age 15+ to manage low mood, mild to moderate depression, anxiety, stress or worry. The program is available online and by phone For more information visit bouncebackbc.ca | The BounceBack Online program and BounceBack Today Videos are accessible without a referral from a primary care provider. To access the Coaching program ask your primary care provider (family doctor or nurse practitioner) or a school counselor for a referral. |

DISORDERED EATING & EATING DISORDERS

Find Information

Disordered eating and eating disorders come in many forms. The following links have helpful information to learn about disordered eating and eating disorders, signs to watch for, treatment options, and how to navigate finding support for your child and family.

- [Kelty Mental Health Eating Disorders](#)
- [Jessie's Legacy](#)
- [Looking Glass Foundation](#)
- [National Eating Disorder Information Centre \(NEDIC\)](#)
- [Disordered Eating | Here to Help](#)

Programs & Services

| Program | What they provide | How to connect |
|--|--|---|
| Northern Health Eating Disorders Clinic | Northern Health has an eating disorder clinic located in Prince George. They will work with Northern Health providers in your home community to support treatment for youth with eating disorders. | Ask your primary care provider (family doctor or nurse practitioner) about this clinic. Pediatricians and psychiatrists can also refer you to this program. |

HEALTHY LIVING, MENTAL WELLNESS AND COPING SKILLS

Find Information

- Kelty Mental Health has many resources about managing stress, sleeping well, being active, practicing mindfulness, and eating well to support mental wellbeing. Visit keltymentalhealth.ca/healthyliving
- Breathr App is a free app developed for youth that supports practicing mindfulness and building skills to reduce stress. Learn more at keltymentalhealth.ca/breathr
- Live 5-2-1-0 App was created to support children and families in setting goals related to healthy eating, physical activity and screen time. Learn more at <https://live5210.ca/pages/live-5-2-1-0-app>

Programs and Services

| Program | What they provide | How to connect |
|---|---|---|
| YMCA of Northern BC: Y Mind Teen & Youth Mindfulness Program | Free online multi-week group sessions for teens & youth experiencing depressive symptoms. Participants learn healthy coping skills, connect with other teens in the community, and get support all in a safe and supportive environment. | Y Mind YMCA of Northern BC |
| Cuystwi Young Warriors Quest | <p>A free online program for Indigenous children and youth to learn about identity, culture, the history of colonization, racism, and what it means to be a warrior.</p> <p>Phase 2 introduces new topics that teach youth about healthy relationships, sexual health, sexuality, self-regulating and recognizing our emotions.</p> | <p>Phase 1: Age 10 to 12</p> <p>Phase 2: Age 13 to 15</p> |

NEURODEVELOPMENTAL DIAGNOSES (INCLUDING AUTISM, FASD)

General Information

- Access resources about complex developmental and behavioural conditions from Sunny Hill Education Resource Centre's at <http://www.bcchildrens.ca/our-services/sunny-hill-health-centre/our-services/resource-centre>
- Learn about how the Ministry of Children and Family Development supports Children and Youth with Support Needs (CYSN) <https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/special-needs>

Autism Specific Information

- Visit Autism Information Services (autisminfo.gov.bc.ca/) a provincial information centre for autism and related disorders that provides information and supports to families and service providers across BC
- Check out autismspeaks.ca for free toolkits/guides on subjects including advocacy, challenging behaviours and sleep
- For additional information and referral services visit Autism Community Training (ACT BC) which supports individuals with Autism Spectrum Disorder and their families across BC actcommunity.ca

FASD Specific Information

- Information on how the BC Government is supporting children with FASD and their families at <https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/special-needs/fetal-alcohol-spectrum-disorder-fasd>

Programs and Services

| Program | What they provide | How to connect |
|---|--|---|
| Family Support Institute | Supports families who have a family member with a disability by connecting them to trained volunteer resource parents/peers | http://familysupportbc.com/ |
| Northern Health Assessment Network (NHAN) | Provides assessments for children ages 18 months to 18 years across the northern BC region to diagnose complex developmental and behavioural conditions such as autism and FASD. | Ask your primary care provider (family doctor or nurse practitioner) about accessing an assessment. If you do not have a primary care provider, virtual primary care options are available. |
| Services to Adults with Developmental Disabilities (STADD) Navigator Program | Support for service navigation and transition from youth to adult services for individuals with developmental disabilities (eligibility 16 to 24 years of age) | https://www.communitylivingbc.ca/ |
| Pacific Autism Family Network | Provides resources for research, information, learning, assessment, treatment and support; and building capacity to address the lifespan needs of individuals with ASD and related disorders | https://pacificautismfamily.com/ Prince George Spoke: Northern Resource available Monday to Friday at 250-645- 0995 |
| Canucks Autism Network | In person and virtual programs and services for children, youth, and adults on the spectrum | www.canucksautism.ca/programs/ |

SELF-INJURY & SUICIDE

- Review Kelty's recommended information and resources on [Self-Injury | Kelty Mental Health](#)
- Review Kelty's recommended information and resources on [Suicide | Kelty Mental Health](#)
- Learn about how to talk to children when a suicide occurs in your family or community with this resource [Talking to Children About a Suicide](#)

SUBSTANCE USE

Find Information

- Kelty Mental Health has many resources for [Substance Use Challenges](#)
- For information & supports for families affected by substance use visit <http://fgta.ca>
- Visit Drug Cocktails.ca for facts about mixing medicine, alcohol, and street drugs www.drugcocktails.ca
- If you are looking for tips for cutting back on Cannabis Use check out [Here to Help](#)
- For information on BC Harm Reduction supports visit, Toward the Heart <https://towardtheheart.com/>

Programs & Services

| | Program | What they provide | How to connect |
|-------------------------------------|--|---|--|
| Alcohol & Drug Supports | Alcohol & Drug Information & Referral Service | Free, confidential information and referral services to British Columbians of all ages in need of support with any kind of substance use issue (alcohol or other drugs). | Phone: 1-800-663-1441 |
| | Nechako Youth Treatment Centre | Inpatient substance misuse management, withdraw management, psychiatry consultation, and treatment as well as mental health assessments for youth ages 13 to 18. Individual, family, and group support are available. | Self-referrals can be made Phone: 250-565-2881 |
| | Nenqayni Wellness Centre Youth Treatment Program | Holistic treatment for substance use for First Nations and Inuit youth, families, and communities in a safe and secure environment | https://nenqayni.com/ |
| Tobacco & Vaping Cessation Supports | Quit Now | Free information, support, and counseling by trained professionals by phone, text, or email. | www.quitnow.ca/ |
| | BC Smoking Cessation Program | Everyone in BC can access 12 weeks of free nicotine replacement therapy (gum, patch, inhaler and lozenges) per calendar year through their local pharmacy. | BC Smoking Cessation Program Website |
| | First Nations Health Authority | Program offers supplementary coverage for nicotine replacement therapy | First Nations Health Authority Quitting Tobacco Info Sheet |

I'M LOOKING FOR PRIMARY CARE OR NEED A REFERRAL FOR SERVICES

If you are looking for help for mental health concerns, a great place to start is with a primary care provider (family doctor or nurse practitioner). They can provide care for many mental health and substance use issues, rule out other medical conditions, and might refer you / your child to additional services or programs that require a referral before you can access them. You can ask your primary care provider about any services that require a referral.

If you do not have a primary care provider, you can contact the [Northern Health Virtual Primary and Community Care Clinic](#) or First Nations Health Authority [Doctor of the Day](#) to access a family doctor or nurse practitioner.

| Virtual Primary Care | How to connect |
|---|---|
| Northern Health Virtual Primary and Community Care Clinic | Phone: 1-844-645-7811 10 am to 10 pm daily (including weekends and statutory holidays) |
| First Nations Health Authority Doctor of the Day | Phone: 1-855-344-3800 7 days a week, 8:30 am to 4:30 pm |

I'M LOOKING FOR IN-PERSON COUNSELLING

Counselling services are available through the public system (free) or the private system (by charging a fee or through benefits provided by some workplaces).

Accessing counselling through the public system

Public [Child & Youth Mental Health \(CYMH\) services](#) provide free counselling for ages 18 and under. Free drop-in counselling is also available at [Foundry Centres](#) for young people ages 12-24. Find your community in the list below to see local options. Availability and hours of operation may vary by community so please call your local office.

| Community | Type of Service | Contact Information | |
|---------------|-----------------|---|--|
| Burns Lake | Mental Health | Carrier Sekani Family Services | Phone: 250-692-2387 Fax: 250-692-2389 |
| | Substance Use | Burns Lake Mental Health & Substance Use Services | Phone: 250-692-2412 Fax: 250-692-2451 |
| Chetwynd | Mental Health | CYMH Chetwynd | Phone: 250-784-2342 Fax: 250-784-2303 |
| Dawson Creek | Mental Health | CYMH Dawson Creek | Phone: 250-784-2342 Fax: 250-784-2303 |
| | | Dawson Creek Aboriginal Family Services | Phone: 250-782-1169 Fax: 250-782-2644 |
| | Substance Use | Dawson Creek Health Unit | Phone: 250-719-6525 Fax: 250-719-6513 |
| Dease Lake | Mental Health | CYMH Dease Lake | Phone: 250-771-3444 Fax: 250-847-7811 |
| Fort Nelson | Mental Health | CYMH Fort Nelson | Phone: 250-774-5585 Fax: 250-774-3421 |
| | Substance Use | Fort Nelson Primary Care | Phone: 250-774-7092 Fax: 250-774-7096 |
| Fort St James | Mental Health | CYMH Connexus | Phone: 250-996-7645 Fax: 250-996-7645 |
| | | Carrier Sekani Family Services | Phone: 250-996-7640 Fax: 250-996-7644 |

| Community | Type of Service | Contact Information | |
|--------------|-------------------------------|--|--|
| Fort St John | Mental Health | CYMH Fort. St. John | Phone: 250-263-0121 Fax: 250-263-0123 |
| | | Nenan Dane zaa Deh Zona Family Services Society | Phone: 250-787-2151 Fax: 250-787-2152 |
| | Substance Use | Fort St. John Mental Health & Substance Use Services | Phone: 250-263-6080 Fax: 250-262-5313 |
| Fraser Lake | Mental Health | CYMH Connexus (Vanderhoof) | Phone: 250-567-9205 Fax: 250-567-3939 |
| Haida Gwaii | Mental Health | Haida Child and Family Services | Phone: 250-626-5257 Fax: 250-626-5287 |
| | Substance Use | Masset: Haida Gwaii Mental Health – Youth Addiction Services | Phone: 250-626-4721 Fax: 250-626-4708 |
| | | Queen Charlotte City: Haida Gwaii Mental Health – Youth Addiction Services | Phone: 250-559-4933 Fax: 250-559-8037 |
| Hazelton | Mental Health | CYMH Hazelton | Phone: 250-842-7624 Fax: 250-847-7811 |
| | Substance Use | Hazelton Community Health Services | Phone: 250-842-5144 Fax: 250-842-2179 |
| Houston | Mental Health | CYMH Smithers | Phone: 250-847-7727 Fax: 250-847-7811 |
| | Substance Use | Houston Health Center | Phone: 250-845-2294 Fax: 250-845-7884 |
| Kitimat | Mental Health | CYMH Kitimat | Phone: 250-632-7256 Fax: 250-632-6287 |
| | Substance Use | Kitimat Mental Health & Substance Use Services | Phone: 250-632-3181 Fax: 250-632-7081 |
| Mackenzie | Mental Health & Substance Use | Mackenzie Counselling Services | Phone: 250-997-6595 Fax: 250-997-3903 |
| McBride | Mental Health | Robson Valley Community Services | Phone: 250-569-2266 Fax: 250-569-2200 |
| | Substance Use | McBride Mental Health & Substance Use Services | Phone: 250-569-2038 Fax: 250-569-2232 |

| Community | Type of Service | Contact Information | |
|---------------|-------------------------------|---|--|
| Prince George | Mental Health | Prince George Intersect Youth and Family Services | Phone: 250-562-6639 Fax: 250-562-4692 |
| | | Prince George Native Friendship Centre | Phone: 250-564-4324 Fax: 250-563-0924 |
| | | Early Psychosis Intervention | Phone: 250-645-7430 Fax: 250-645-8039 |
| | Mental Health & Substance Use | Foundry | Phone: 236-423-1571 Fax: 236-423-3881 |
| | Substance Use | Prince George Youth Community Outpatient Team | Phone: 250-645-7430 Fax: 250-645-8039 |
| Prince Rupert | Mental Health | CYMH Prince Rupert | Phone: 250-624-7594 Fax: 250-624-7490 |
| | | Northwest Inter-nation Family & Community Services (provides ACYMH services to Lax Kw'alaams FN; Metlakatla FN; Gitga;at (Hartley Bay FN); and Gitxaala (Kitkatla FN) | Phone: 250-638-0451 Fax: 250-638-8930 |
| | Substance Use | Prince Rupert Community Health | Phone: 250-622-6310 Fax: 250-622-6319 |
| Quesnel | Mental Health | CYMH Quesnel | Phone: 250-992-4267 Fax: 250-992-4351 |
| Smithers | Mental Health | CYMH Smithers | Phone: 250-847-7727 Fax: 250-847-7811 |
| Terrace | Mental Health | CYMH Terrace | Phone: 250-615-4860 Fax: 250-632-4873 |
| | Mental Health & Substance Use | Northwest Inter-nation Family & Community Services (provides ACYMH services to Kitsumkalum First Nation; Kitselas First Nation; and Haisla First Nation) | Phone: 250-638-0451 Fax: 250-638-8930 |
| | | Foundry | Phone: 250-635-5596 Fax: 250-635-5527 |
| | Substance Use | Terrace Youth Substance Use Community Based Outpatient Services | Phone: 250-631-4202 Fax: 250-638-2342 |

| Community | Type of Service | Contact Information | |
|---------------|-----------------|---|--|
| Tumbler Ridge | Mental Health | CYMH Dawson Creek | Phone: 250-784-2342 Fax: 250-784-2303 |
| Valemount | Mental Health | Robson Valley Community Services | Phone: 250-566-9107 Fax: 250-566-0011 |
| | Substance Use | Valemount Health Centre | Phone: 250-566-9138 Fax: 250-566-4319 |
| Vanderhoof | Mental Health | CYMH Connexus | Phone: 250-567-9205 Fax: 250-567-3939 |
| | | Carrier Sekani Family Services | Phone: 250-567-2900 Fax: 250-567-2975 |
| | Substance Use | Vanderhoof Community Services & Public Health | Phone: 250-567-6900 Fax: 250-567-6170 |

Accessing counselling through the private system

Private counselling usually charges a fee. To find a private counsellor or psychologist, you can search these websites for options in your area:

- [BC Association of Clinical Counsellors](#)
- [BC Psychological Association](#)

Your workplace might cover some costs if you have extended health benefits. Counselling may also be available through Employee Family Assistance Programs (EFAP) at your workplace.

I'M LOOKING FOR VIRTUAL COUNSELLING OR VIRTUAL SERVICES

If you are not able to visit a counsellor in-person, are more comfortable accessing services virtually, or you are on a waitlist, there are also virtual options available for counselling and peer support groups.

| | What they provide | How to Connect | Website |
|--------------------------------|--|--|---|
| Foundry Virtual BC | Counselling sessions and peer support by phone, video, and chat for ages 12-24 and their caregivers | Call 1-833-308-6379 Access through new Foundry BC app | foundrybc.ca/get-support/virtual |
| Kids Help Phone | Mental health services by phone, text message and online chat. Each time you reach out you will be interacting with a different counsellor or crisis responder so this is a good option for short-term use. Peer-to-peer online groups Services are available in English and French. | Call 1-800-668-6868 Text CONNECT to 686868 | kidshelpphone.ca |
| Youth in BC Online Chat | Online crisis chat service for youth who need a safe place to find support or talk to someone | Online chat is available from Noon to 1 a.m. | youthinbc.com |



northern health
the northern way of caring



#healthynorth

northernhealth.ca

10-035-6034 (IND 06/24)