

## Mental Health Websites for Youth, Parents & Service Providers

[www.youthinbc.com](http://www.youthinbc.com) Online support and crisis information for youth in BC

[www.mindcheck.ca](http://www.mindcheck.ca) Information about youth, mental health and substance use, developed in BC

[www.anxietybc.com](http://www.anxietybc.com) Has great information about children and youth anxiety and how parents and others can help

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) Here to Help, a BC based website with good information about mental health, mental illness, lots of tools and resources

[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) The Kelty Mental Health Resource Centre, a program of BC Mental Health & Addiction Services, provides mental health and substance use information and resources to children, youth and families from across BC

[www.forcesociety.com](http://www.forcesociety.com) Families with lived experience who understand and may be able to offer support or advice on how to support and assist children with mental health difficulties.

[www.earlypsychosis.ca](http://www.earlypsychosis.ca) Provincial Early Psychosis Intervention program website

[www.mindyourmind.ca](http://www.mindyourmind.ca) A Canadian youth based site with information on mental health, stress, other related topics

[www.openmindbc.ca](http://www.openmindbc.ca) Valuable resource to learn about support services available in BC

<http://www.thesite.org/healthandwellbeing/mentalhealth/selfharm> information about self harming behaviour

<http://www.friendsparentprogram.com/index.php> Friends for Life – Parents’ program. Information for parents whose children experience difficulties with anxiety

<http://www.bckidsmentalhealth.org/> Force Society – BC based parents’ information and advocacy group regarding children’s mental health

[http://www.mcf.gov.bc.ca/mental\\_health/publications.htm](http://www.mcf.gov.bc.ca/mental_health/publications.htm) The Ministry of Children and Family Development – Child and Youth Mental Health website, with useful links and downloadable resources

[http://www.mcf.gov.bc.ca/mental\\_health/teen.htm](http://www.mcf.gov.bc.ca/mental_health/teen.htm) A downloadable handbook for understanding and dealing with depression for teens

<http://www.teenmentalhealth.org/> Teen Mental Health, a Health Canada website for youth and parents

<http://www.ok2bblue.com/tiki-index.php> BlueWave, BC based website with information about depression and suicide for teens and parents ---youth friendly depictions of depression

<http://www.mentalhealth.com/> A BC based website with information on mental illness, and psychiatric medications

<http://www.bcscs.org/> BC Schizophrenia Society support/information for people with Schizophrenia and their families

<http://www.autismbc.ca/> Autism Society of BC, information on Autism Spectrum Disorders and supports for parents

<http://www.bcchildrens.ca/Services/ChildYouthMentalHlth/default.htm> BC Children’s Hospital Child Psychiatry programs information

<http://www.safeonlineoutreach.com/> BC based program to educate parents and others about online safety

<http://www.fgta.ca/> From Grief to Action- support for family members affected by other’s drug use

<http://www.xperiment.ca> Information on drug use for youth

<http://bc-counsellors.org/> BC Association of Clinical Counsellors-a listing of registered clinical counsellors in private practice, member directory-useful for finding a private therapist

Coping skills:

[Fragrantheart.com](http://Fragrantheart.com) Website with guided relaxation/meditation exercises for managing stress