



Mental Health Resource List

Find additional information and support through these resources

Resources

- [BC Children's Hospital](#)
- [BC KUU-US Indigenous Crisis and Support Line](#)
- [Canadian Mental Health Association](#)
- [erase \(Expect Respect and a Safe Education\)](#)
- [FamilySmart](#)
- [First Nations Health Authority \(Mental Health and Wellness Supports\)](#)
- [Foundry Virtual BC - Foundry BC App](#)
- [Fraser Health](#)
- [HealthLinkBC: Helping Children with Grief](#)
- [Help Starts Here](#)
- [Here2Talk](#)
- [Hope for Wellness Helpline](#)
- [Interior Health](#)
- [Island Health](#)
- [Kelty Mental Health](#)
- [Kids Help Phone \(24/7\)](#)
- [Learning through Loss](#)
- [Northern Health](#)
- [Suicide Crisis Helpline \(Call or Text 9-8-8\)](#)
- [Vancouver Coastal Health](#)
- [Youth in BC](#)

Ministry of Children and Family Development Resources

Provincial:

- [Child & Youth Mental Health \(CYMH\) Intake Clinics - Province of British Columbia](#)
 - [Responding to Children & Youth After Unforeseen Frightening Events](#)
 - [what_to_expect_from_cymh_services.pdf](#)

