

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

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**NORTHERN HEALTH CHILD  
AND YOUTH HEALTH PROGRAM**

**September 2021**



**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:

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

[ChildYouthHealth@northernhealth.ca](mailto: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	<b>Kid's Help Phone:</b> Offers professional counselling, peer support, information and referrals to young people in both English and French.	<b>Call</b> 1-800-668-6868 <b>Text</b> CONNECT to 686868
All ages	<b>Northern BC Crisis Line:</b> A safe and non-judgmental crisis line to discuss anything troubling you. They also have a line just for youth <a href="http://crisis-centre.ca">crisis-centre.ca</a>	<b>Call</b> 1-888-562-1214 <b>Text</b> 250-563-1214
Indigenous	<b>KUU-US Crisis Line:</b> Provides support to Indigenous people in BC. They also have a line just for youth	<b>Call</b> 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](https://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](https://keltymentalhealth.ca/breathr).
- **Check out Bounce Back Coaching program** ([bouncebackbc.ca](https://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](https://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](https://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](#)
- [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
<b>FamilySmart</b>	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 “ <a href="#">In The Know</a> ” series.	<a href="https://familysmart.ca/">https://familysmart.ca/</a>

## ANXIETY

### Find Information

- Visit Anxiety Canada for information & self-help resources for anxiety & stress [www.anxietycanada.com/](http://www.anxietycanada.com/)

### Programs and Services

Program	What they provide	How to connect
<b>Confident Parents Coaching Program</b>	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.  For information visit <a href="http://cmhacptk.ca">Confident Parents: Thriving Kids (cmhacptk.ca)</a>	Ask your primary care provider (family doctor or nurse practitioner) for a referral. If you do not have a primary care provider, <a href="#">virtual primary care options are available.</a>
<b>Bounce Back BC</b>	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 <a href="http://bouncebackbc.ca">bouncebackbc.ca</a>	Ask your primary care provider (family doctor or nurse practitioner) for a referral. If you do not have a primary care provider, <a href="#">virtual primary care options are available.</a>

## 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/](http://healthymindslearning.ca/rollingwith-adhd/)

### Programs and Services

Program	What they provide	How to connect
<b>Confident Parents Coaching Program</b>	<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 <a href="http://cmhacptk.ca">Confident Parents: Thriving Kids (cmhacptk.ca)</a></p>	<p>Ask your primary care provider (family doctor or nurse practitioner) for a referral. If you do not have a primary care provider, <a href="#">virtual primary care options are available.</a></p>

## DEPRESSION

### Find Information

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

### Programs and Services

Program	What they provide	How to connect
<b>Foundry</b>	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 <a href="https://foundrybc.ca/get-support/virtual">foundrybc.ca/get-support/virtual</a>
<b>Bounce Back BC</b>	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 <a href="https://bouncebackbc.ca">bouncebackbc.ca</a>	Ask your primary care provider (family doctor or nurse practitioner) for a referral. If you do not have a primary care provider, <a href="#">virtual primary care options are available.</a>



## 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
<b>Northern Health Eating Disorders Clinic</b>	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.

## MENTAL WELLNESS & 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](https://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](https://keltymentalhealth.ca/breathr)

### Programs and Services

Program	What they provide	How to connect
<b>YMCA of Northern BC:</b> <b>Y Mind Teen &amp; Youth Mindfulness Program</b>	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.	<a href="#">Y Mind   YMCA of Northern BC</a>
<b>Cuystwi Young Warriors Quest</b>	<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><a href="#">Phase 1: Age 10 to 12</a></p> <p><a href="#">Phase 2: Age 13 to 15</a></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/](http://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](http://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](http://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
<b>Family Support Institute</b>	Supports families who have a family member with a disability by connecting them to trained volunteer resource parents/peers	<a href="http://familysupportbc.com/">http://familysupportbc.com/</a>
<b>Northern Health Assessment Network (NHAN)</b>	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, <a href="#">virtual primary care options are available.</a>
<b>Services to Adults with Developmental Disabilities (STADD) Navigator Program</b>	Support for service navigation and transition from youth to adult services for individuals with developmental disabilities (eligibility 16 to 24 years of age)	<a href="https://www.communitylivingbc.ca/">https://www.communitylivingbc.ca/</a>
<b>Pacific Autism Family Network</b>	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	<a href="https://pacificautismfamily.com/">https://pacificautismfamily.com/</a>  Prince George Spoke: Northern Resource available Monday to Friday at 250-645- 0995
<b>Canucks Autism Network</b>	In person and virtual programs and services for children, youth, and adults on the spectrum	<a href="http://www.canucksautism.ca/programs/">www.canucksautism.ca/programs/</a>

## 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](http://www.drugcocktails.ca)
- If you are looking for tips for cutting back on Cannabis Use check out [Here to Help](#)

### Programs & Services

	Program	What they provide	How to connect
Alcohol & Drug Supports	<b>Alcohol &amp; Drug Information &amp; Referral Service</b>	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
	<b>Nechako Youth Treatment Centre</b>	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
Tobacco & Vaping Cessation Supports	Quit Now	Free information, support, and counseling by trained professionals by phone, text, or email.	<a href="http://www.quitnow.ca/">www.quitnow.ca/</a>
	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.	<a href="#">BC Smoking Cessation Program Website</a>
	First Nations Health Authority	Program offers supplementary coverage for nicotine replacement therapy	<a href="#">First Nations Health Authority Quitting Tobacco Info Sheet</a>

# 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
<b>Foundry Virtual BC</b>	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 <a href="#">Foundry BC app</a>	<a href="https://foundrybc.ca/get-support/virtual">foundrybc.ca/get-support/virtual</a>
<b>Kids Help Phone</b>	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 <a href="#">CONNECT</a> to 686868	<a href="https://kidshelpphone.ca">kidshelpphone.ca</a>
<b>Youth in BC Online Chat</b>	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.	<a href="https://youthinbc.com">youthinbc.com</a>



**northern health**  
*the northern way of caring*



#healthynorth

[northernhealth.ca](http://northernhealth.ca)

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