

COVID-19 Specific Mental Health and Coping Supports		
Resource	Description	Contact
<b>Crisis Centre</b>	Join other youth throughout BC for twice-weekly webinars	<a href="#">Crisis Centre</a>
<b>Kids Help Phone</b>	Kids Help Phone is available 24/7 anywhere in Canada via phone, text, or online chat	<a href="#">KidsHelpPhone During COVID-19</a> Phone: 1800-668-6868; Text CONNECT to 686868; Live Chat: <a href="#">KidsHelpPhone Live Chat</a>
<b>Child Mind Institute</b>	COVID-19 Family Resource Centre – resources to support caregivers in supporting children	<a href="#">Child Mind Resources to Support Families</a>
<b>Centers for Disease Control</b>	Ways to support yourself and others	<a href="#">CDC - Managing Stress &amp; Anxiety</a>
<b>BC COVID-19 Support &amp; Tools</b>	Online support and self-assessment tool to determine if you may need further assessment or testing for COVID-19	<a href="#">BC Thrive Health</a>
<b>First Nations Health Authority</b>	Current information and resources for BC First Nations people	<a href="#">FNHA COVID-19</a>
<b>Vancouver Coastal Health</b>	The VCH community resource manual provides COVID-19 information and resources for community partners	<a href="#">VCH COVID-19 Community Resources</a>
<b>The Centre for Addiction &amp; Mental Health</b>	CAMH provides information and suggestions on how to best cope during the uncertainty of COVID-19	<a href="#">Center for Addiction &amp; Mental Health Supports</a>
<b>Anxiety Canada</b>	Supports with managing anxiety and worry related to COVID-19	<a href="#">Anxiety Canada and COVID-19</a>
<b>BC Ministry of Mental Health &amp; Addictions</b>	Links and supports available to managing stress	<a href="#">BC Government - Managing Stress Related to COVID-19</a>
<b>CBC Kids News</b>	Video interview with Dr. Henry for kids	<a href="#">CBC Kids News COVID-19 Interview</a>
<b>Foundry BC</b>	Information on accessing supports and resources through FoundryBC, a province-wide network of health and social services for ages 12-19	<a href="#">FoundryBC COVID-19 Supports</a>
<b>Jack.org</b>	Youth leaders and mental health advocates from across Canada	<a href="#">Our Mental Health During COVID-19</a>

<b>Kelty Mental Health</b>	Strategies in talking to children about COVID-19	<a href="#">Talking to Children About COVID-19</a>
<b>Urban Native Youth Association (UNYA)</b>	UNYA has online mindfulness and yoga sessions for youth	Visit UNYA on Facebook



<b>Remote Counselling Supports</b> <b>Home-Based Online Programs for Children, Youth &amp; Adults</b>		
Resource	Description	Contact
<b>Crisis Centre Online Mindfulness Programs for Youth</b>	Attend live ZOOM Webinars or recorded video classes weekly Sessions: Tuesdays & Fridays form 1:30-2:00pm from April 3-29	<a href="#">Mindfulness Webinars &amp; Videos</a>
<b>Anxiety Canada, My Anxiety Plan (MAP)</b>	MAP is a CBT-based resource for caregivers to help mild to moderately anxious children or youth using practical strategies and tools; MAP includes 6 units with 46 lessons	<a href="#">Working through Anxiety</a>
<b>Mindshift App (CBT)</b>	Mindshift uses strategies based on CBT and provides tools to manage worry, panic, perfectionism, social anxiety and phobias	<a href="#">Mindshift App - Find Out More</a>
<b>BounceBack Youth 15+</b>	BounceBack is a free skill-building program designed to help manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online in English or over the phone with a coach in 5 languages.	<a href="#">BounceBack</a> <a href="#">BounceBack Youth Quiz</a>

**Supports for Students with Diverse Needs**



Resource	Description	Contact
<b>Autism Community Training (ACT)</b>	COVID-19: Supporting families with specialized resources, practical strategies, and ACT's advocacy	<a href="#">ACT Community</a>
<b>Autism Focused Intervention Resources &amp; Modules (AFRIM)</b>	AFIRM's toolkit that includes 7 strategies to support individuals with ASD through uncertain times	<a href="#">AFIRM COVID-19 Toolkit</a>
<b>ADDitude ADHD Webinars</b>	Webinars available for replay and download or register for upcoming sessions. Webinars are for parents, adults, and school & learning.	<a href="#">Additude Webinars</a>
<b>UNC Frank Porter Graham Child Development Institute</b>	Online toolkit for those supporting individuals with Autism during the COVID-19 pandemic	<a href="#">Supporting Individuals with Autism (pdf)</a>
<b>Teaching Tolerance: A Trauma Informed Approach</b>	Experts from the National Child Traumatic Stress Network share their recommendations	<a href="#">Trauma Informed Approach to COVID-19</a>
<b>Autism Speaks</b>	Covid-19-specific resources and information for families including how to talk about tragedy (for children with ASD) and resource kits	<a href="#">Autism Speaks - COVID-19 Resources</a>
<b>PosAbilities</b>	PosAbilities provides information about COVID-19, virtual things to do, and wellness resources. They specialize in supporting people with developmental disabilities with life's transitions	<a href="#">PosAbilities Covid-19 Resources</a>

Community Supports		
Resource	Description	Contact
<b>Child &amp; Youth Mental Health (CYMH)</b>	Mental health programs & services to those served by Vancouver Coastal Health Please phone for a <u>virtual intake</u> appointment: Northeast: Monday & Wednesday 9:00am– 5:00pm Pacific Spirit: Tuesday & Thursday 9:00am -5:00pm	<a href="#">CYMH and VCH Services</a> Northeast: (604) 675-3896 Pacific Spirit: (604) 267-3970
<b>Youth Clinics</b>	All Youth Clinics are currently closed; limited essential services for youth needing sexual health care is available - leave a message at 778-871-7132 as staff are monitoring this phone line Monday-Friday 9am-5pm	<a href="#">Youth Health Information</a>
<b>Child &amp; Adolescent Response Team (CART)</b>	CART provides urgent response, short-term mental health service to children and youth experiencing acute psychiatric or emotional crises	604-874-2300
<b>Aboriginal Wellness</b>	Resources and links to community supports	<a href="#">Aboriginal Wellness</a>
<b>Kelty Mental Health</b>	Supporting youth and families navigating the mental health system and connecting them to resources and tools	<a href="#">Kelty Mental Health</a>
<b>Ministry of Children and Families (MCFD)</b>	MCFD supports children, youth and families with a variety of services	<a href="#">MCFD Information &amp; Contacts</a> 604-660-4927
<b>Vancouver Aboriginal Child and Family Services Society (VACFSS)</b>	VACFSS supports Indigenous children, youth and families in the Vancouver region by providing restorative, holistic and culturally grounded family services.	778-331-4500
<b>Dan's Legacy</b>	Indigenous and non-Indigenous programs and supports remain available for youth with some changes due to COVID-19; counselling, Haven Dinner, and the Food Bank are all still operating; fitness gym is on temporary hold	email directly for support: <a href="mailto:tom@danslegacy.com">tom@danslegacy.com</a> <a href="#">Dan's Legacy</a>
<b>Aunt Leah's</b>	Aunt Leah's will continue to provide supports for youth and young moms including counselling and emergency food	<a href="#">Aunt Leah's COVID-19 Updates</a>

<b>Parent-Teen Mediation</b>	Parent-Teen Mediation is currently providing phone and digital meetings to clients as the office is temporarily closed	For information, please contact Shabniz Kurji: <a href="mailto:skurji@fsgv.ca">skurji@fsgv.ca</a>
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<b>Supports for Caregivers</b>		
<b>Resource</b>	<b>Description</b>	<b>Contact</b>
<b>Crisis Centre</b>	Attend live ZOOM Webinars Wednesdays live from 12pm-1pm starting April 1 until May 6; Recorded video classes weekly available anytime	<a href="#">Crisis Centre Programming</a>
<b>Substance Use Services</b>	VCH Services and Information	<a href="#">Substance Use Services</a>
<b>Kelty's Keys</b>	Kelty's Keys is a VCH Online Therapy service. It is free and available to anyone who lives within the VCH area	<a href="#">Kelty's Keys Online</a>
<b>Here to Help</b>	Here to Help helps to find quality mental health and substance use information and key resources in BC	<a href="#">Here to Help BC</a>
<b>MindHealth BC</b>	MindHealthBC was developed by Vancouver Coastal Health and Provincial Health Care and provides available resources in your community	<a href="#">MindHealthBC</a>
<b>VictimLinkBC</b>	VictimLinkBC is a toll-free, confidential, multilingual telephone service across BC 24/7. It provides information on and referral services for all victims of crime or those needing support	<a href="#">VictimLinkBC</a> 1-800-563-0808
<b>COVID-19 Provincial Support and Information</b>	BC Government Provincial Supports and Information on: Essential Services, COVID-19 Self-Assessment Tools, Child Care, Education, Employment and Finances, Businesses, Housing and Monthly Bills, Transportation, Travel, Reduced Services, Health Care, and Being Prepared	<a href="#">BC Provincial Response to COVID-19</a>
<b>Canadian Mental Health Association</b>	The CMHA has helpful information and strategies for adults to help manage the anxiety around COVID-19	<a href="#">CMHA Managing Anxiety COVID-19</a>

<b>University of Toronto, Department of Psychology</b>	U of T is offering a free course: Mind Control: Managing Your Mental Health During COVID-19	<a href="#">UofT: Managing Mental Health</a>
<b>National Association of School Psychologists</b>	Helping children cope with the changes resulting from COVID-19	<a href="#">NASP Coping During COVID-19</a>
<b>Child Trends National Research</b>	Guidance, recommendations, and resources for supporting children’s emotional well-being during the COVID-19 Pandemic	<a href="#">Supporting Emotional Well-Being</a>

**Food and Nutrition Programs**

<b>Resource</b>	<b>Location</b>	<b>Description</b>	<b>More Information</b>
<b>Food Bank</b>	Various	No cost food (bring ID)	<a href="#">Food Bank Locations</a>
<b>Broadway Youth Resource Centre</b>	2455 Fraser St.	Food kits to-go between 9am-5pm daily	Visit BYRC on Facebook
<b>City Reach</b>	2650 Slocan St.	Pre-made food bags; first come, first serve Tuesdays 5pm & Thursdays 9am	<a href="#">CityReach Meal Program</a>
<b>Directions</b>	1138 Burrard St.	Snacks available 24hrs; Dinner served at 8pm	<a href="#">Directions Youth Services</a>
<b>DTES Neighbourhood House</b>	573 East Hastings St.	To-Go meals only being served on Mondays, Tuesdays, Wednesdays at 10am; Lunch on Wednesdays at noon; harm reduction supplies available	<a href="#">DTES Neighbourhood House</a>
<b>The Gathering Place</b>	609 Helmcken St.	Open 9am-8pm for breakfast, lunch and dinner	<a href="#">The Gathering Place</a>
<b>Union Gospel Mission</b>	601 East Hastings	Hot lunch at 11am and dinner at 6:30pm served from the door	<a href="#">Union Gospel Mission Meal Programs</a>
<b>First United</b>	542 East Hastings St.	Hot lunch to-go at 12:00 served at the door; Harm reduction supplies available at the door	<a href="#">First United Meal Programs</a>

<b>Kiwassa</b>	604-254-5401	Food hamper deliveries for Hastings-Sunrise neighbourhood on Tuesdays and Fridays	<a href="#">Kiwassa Food Program</a>
<b>Dinner Devils</b>	Various	Dinner Devils is a webpage that lists restaurants providing free and discounted meals and food	<a href="#">Dinner Devils Free Food List</a>

### Employment Insurance, Housing, Rental, Phone, Internet & Other Supports

Resource	Description	Contact
<b>ICBC</b>	Changes to services and contacts for ICBC	<a href="#">ICBC Changes Related to COVID</a>
<b>Employment Insurance, Government of Canada</b>	Services Canada updates and changes in response to COVID-19	<a href="#">Employment Insurance</a> <a href="#">Employment Insurance Application</a>
<b>BC Emergency Supplement</b>	Provincial financial supports in response to COVID-19	<a href="#">BC Government Emergency Supplement</a>
<b>BC Hydro</b>	BC Hydro's 'Customer Assistance Program' help those experiencing financial hardships as a result of COVID-19	<a href="#">BC Hydro Customer Assistance Program</a>
<b>BC Renters Support</b>	Support for renters & landlords; up to \$500/month; rent freezes/eviction halts	<a href="#">BC Renters and Landlord Support</a>
<b>City of Vancouver Services</b>	Updated daily – list of emergency food, shelter, hand washing stations, and supervised injection sites	<a href="#">City of Vancouver Emergency Supports Map</a>
<b>Vancouver Rent Bank</b>	VRB offers short-term funding for families in Vancouver for housing and utilities	<a href="#">Vancouver Rent Bank</a>
<b>Housing and Shelter for Youth</b>	Directions Youth Haven & Safehouse are confidential emergency shelter homes for youth in crisis	<a href="#">Haven and Safehouse Youth Services</a>

<b>Covenant House BC</b>	Covenant House provides food and shelter for homeless youth; call or visit in person at 1302 Seymour Street	<a href="#">Covenant House BC</a> 604-685-7474
<b>Connecting Families Internet Access - Government of Canada</b>	Internet for \$10/month for families receiving the maximum Canada Child Benefit and have received a letter from the Government of Canada	<a href="#">Internet Access for Families GofC</a>
<b>TELUS \$10</b>	\$10/month internet for families receiving the maximum Canada Child Benefit and have a net income equal to or less than \$31,120. A low-cost refurbished laptop (\$120) also available	<a href="#">Telus Internet Plan</a>
<b>TELUS</b>	\$0 plans for youth aged out of foster care (aged 19-26). \$0/month talk/text/data plans; Youth can download a letter to have signed by their social/youth worker and apply here	<a href="#">Telus Youth in Care Plan</a>
<b>SHAW GO WiFi</b>	Shaw has opened up Shaw Go WiFi to everybody. Look for the 'Shaw Go' network on your device and connect without a login/Shaw ID	<a href="#">Shaw Free WiFi for Everyone</a>



VCH Vancouver Child and Youth Mental Health & Substance Use (CYMHSU)

**Youth Substance Use Services Response Plan for COVID-19**

Please read the updated information below and do not hesitate to call the Youth Central Addictions Intake Team (CAIT) for any questions or concerns you may have. Services for youths 13 to 24 years of age are as follows:

**Youth Intensive Case Management Team**

1669 E Broadway  
 Phone: 604-675-2455 option 2  
 Days and hours:  
 Providing services 7 days/week 9:00am to 7:00pm

**CAIT**

1669 E Broadway  
 Phone: 604-675-2455 option 2  
 Cell phone: 604-209-3705  
 Days/Hours: Saturday to Thursday  
 10:00-20:00, Friday: 10:00-17:00

**Residential Substance Use Services**

Please contact the CAIT team for more information and referral package  
 Phone: 604-675-2455 option 2  
 Cell phone: 604-209-3705

**Youth and Young Adult Counsellors**

Various locations  
 Monday to Friday: 9:00am to 17:00  
 Contact the Centralized Addiction Intake Team (CAIT) at 604-209-3705

Please Note:

- In order to minimize risk during the COVID19 Pandemic, we will be providing mostly remote care (e.g. Zoom or phone). On an as needed basis, however, outreach meetings can be arranged.

SACY and LRP can be accessed though CAIT at

**604-209-3705**



VCH Vancouver Child and Youth Mental Health & Substance Use (CYMHSU)

**Remote Intake Clinics and Specialized Programs Response Plan for COVID-19**

Due to the current COVID19 Pandemic, CYMHSU operations are being modified with new Remote Intake times being offered. Remote services (e.g. Zoom or phone) are available for ages 6 to 18 out of the following Vancouver CYMHSU locations. **Please call for details at:**

**Northeast**

355-2750 E. Hastings St.  
 Phone: 604-675-3895; Fax: 604-675-3909  
 Days/Hours:  
**REMOTE APPOINTMENTS SCHEDULED MONDAY & WEDNESDAY:**  
 9:00am to 3:30pm

**Pacific Spirit**

2110 W. 43rd Ave., 3rd Floor  
 Phone: 604-267-3970; Fax: 604-675-3909  
 Days/Hours:  
**REMOTE APPOINTMENTS SCHEDULED TUESDAY & THURSDAY:**  
 9:00am to 3:30pm

**Raven Song**

2450 Ontario St. 3<sup>rd</sup> Floor  
 Phone: 604-872-8441  
 Fax: 604-675-3909

**NO REMOTE INTAKES OCCURING OUT OF THIS LOCATION**

**West End**

101-1128 Hornby St.  
 Phone: 604-331-8908  
 Fax: 604-675-3909

**NO REMOTE INTAKES OCCURING OUT OF THIS LOCATION**

**Please Note Intake appointments will be conducted remotely.**

**Alan Cashmore Centre Infant Mental Health (0-5 years old)**  
**(604) 675-3996** Intake by appointment only

**Child and Adolescent Response Team (CART)**  
**(604) 874-2300** Appointment Required

**Youth Outreach**  
 Call office directly at **604-688-0551** or fax referral to 604-688-0553

