

Local BC Resources

- **Foundry BC** - Integrated health and wellness services for youth aged 12–24. foundrybc.ca
- **FamilySmart** - Support for families with children facing mental health challenges. familysmart.ca
- **Kelty Mental Health Resource Centre** - Offers mental health and substance use information, resources, and peer support for families, children, and youth. keltymentalhealth.ca
- **Parent Support Services Society of BC** - empowers parents, grandparents, and other caregivers through community connections, education, advocacy, and resources. parentsupportbc.ca
- **Vancouver Aboriginal Child & Family Services Society (VACFSS)** - offers child and family well-being services and caregiver support, grounded in Indigenous values. vacfss.com
- **Walking alongside Youth with Anxiety & Depression** - Free online courses for BC parents/caregivers on supporting youth with anxiety and depression. healthymindsbc.gov.bc.ca/course/parents-caregivers

Books

- **The Emotional Lives of Teenagers** by Lisa Damour - Explores the complex emotions teens experience and offers guidance for parents to support them.
- **Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood** by Lisa Damour - Breaks down key developmental stages teenage girls go through with practical parenting advice.
- **Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls** by Lisa Damour - Addresses the rising stress and anxiety in girls and how parents can help them cope.
- **Brainstorm: The Power and Purpose of the Teenage Brain** by Daniel J. Siegel - Reveals how brain development shapes teen behaviour and how parents can foster healthy growth.

Podcasts

- **Where You Are (Kelty Mental Health)** - addresses a wide range of topics relevant to BC families navigating mental health challenges
- **Ask Lisa: The Psychology of Parenting** - provides expert guidance and psychological insights on raising kids, especially tweens and teens
- **Your Teen with Sue and Steph** - practical, relatable advice from the editors of *Your Teen Magazine* on everything from tech use to school stress

Websites

- **Tilt Parenting** tiltparenting.com - support, resources, podcast episodes, and guidance for parents raising neurodivergent or differently wired children and teens
- **Hey Sigmund** heysigmund.com - research-based, accessible information on child and adolescent mental health, particularly focusing on anxiety
- **Mental Health Foundations** mentalhealthfoundations.ca - webinars, practical tools, and parent/caregiver handouts on topics such as emotion coaching, behavioural support, and managing anger
- **Understood** www.understood.org - support and resources for parents of children with learning and attention issues.
- **Media Smarts** <https://mediasmarts.ca/resources-for-parents> - a guide on digital safety

Crisis and Support Lines

- SAFER (Suicide Support): 604-675-3985
- Child/Adolescent Response Team (urgent assessment): 604-874-2300
- VCH Mental Health Intake Line: 604-675-3895