

Mental Health Community Resources

ERASE

<https://www2.gov.bc.ca/gov/content/erase>

erase = expect respect & a safe education

ERASE is a government of British Columbia strategy with the goals of building safe and caring school communities. This includes empowering students, parents, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students.

Kelty Mental Health

<https://keltymentalhealth.ca/>

If you are concerned about your child or a child you care for, the BC Children's Kelty Mental Health Resource Centre has resources to support you. You will find information on key topics that parents and caregivers often have questions about. This includes some first steps you can take if you are concerned about your child, how to navigate through the different options for treatment and support in BC, information on different medications for mental health challenges and how to connect with a parent peer support worker at the Kelty Centre. Whether it's information, tools, or a listening ear you are looking for, the Kelty Centre there to help.

Foundry BC, BC Children's Hospital

<https://foundrybc.ca/>

Foundry supports young people aged 12-24 and their families with easy access to care. Whether a young person needs support for anxiety or depression, wants to see a family doctor or is struggling with a stressful situation, we will help them get the services they need. Foundry makes it easy for young people to find youth-friendly, welcoming and appropriate services – by simply walking into their local Foundry centre, accessing Foundry's virtual services, or by exploring the tools and resources online at foundrybc.ca. Foundry reaches young people earlier – before their health concerns have a severe impact on their health and well-being.

FamilySmart

<https://familysmart.ca/>

FamilySmart® comes along-side young people and families to provide support, navigation assistance and information and then invites them and professionals to come-alongside each other to learn with and from each other to enhance the quality of experiences and services for child and youth mental health.

Virtual Mental Health Supports

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports>

The BC Government has collated a comprehensive list of virtual services for British Columbians who are experiencing anxiety, depression or other mental health challenges.

Vancouver Coastal Health

[Child and Youth Mental Health](#)

Child and Youth Mental Health Services provide free-of-charge assessment, treatment, consultation, therapy and parent education for children and youth experiencing mental health challenges. Services are available to children and youth who live in the [areas served by Vancouver Coastal Health](#) and may include nurses, counsellors, occupational therapists, physicians, psychiatrists, psychologists, rehabilitation therapists, social workers and support staff.

Social Emotional Learning Resources

Collaborative for Academic, Social and Emotional Learning (CASEL)

<https://casel.org/parent-resources/>

According to CASEL, social and emotional learning starts at home. Parents and families are critical partners in helping their children develop social and emotional know-how. They can model the kinds of skills, attitudes, and behaviors we want all students to master. And they can be important advocates for SEL at school. The following resources support your child's social and emotional well-being.

Building SEL Skills at Home

Edutopia

<https://www.edutopia.org/social-emotional-learning-parent-resources>

There are many ways parents can encourage emotionally intelligent behavior in their children. Check out this guide to resources for learning more about character development.

Mindup

<https://mindup.org>

MindUp at home offers resources to help parents and kids to reduce stress and anxiety and to improve their brain fitness and resilience. The MindUp at home resource provides webinars for parents to support SEL skills at home. There are also lots of wonderful kid friendly videos that teach the skills and strategies to help your child learn how the mindful brain works and teaches concepts such as gratitude, optimism, and kindness.

Committee For Children

<https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/>

Everyday challenges are part of life. Providing your love and support is the most important step in helping children develop the confidence to overcome anything they face. Committee for Children has collaborated with Sesame Workshop to bridge the divide between what children learn in school and what they learn at home with their families. Sesame Street's Little Children, Big Challenges initiative provides tips and strategies to help adults and children (ages 2 to 5) navigate challenges and build lifelong skills for resilience.