

Online Mental Health Resources

How to talk about Mental Health - <https://bethere.org/Home>

Information about Anxiety - <https://youth.anxietycanada.com/anxiety-101>

Information about Youth Depression - <http://dwdonline.ca/>

Information about Eating Disorders - <https://keltyeatingdisorders.ca/>

A provincial source of mental health and substance use information, resources, and peer support for children, youth and families - <https://keltymentalhealth.ca/>

Healthy relationships - <https://dynamiccatholic.com/confirmation/program-view/session-6/>

Specific mental health challenges from Kelty Mental Health. This part of the website lists several mental health conditions and gives useful information on how to help and access resources. Scroll down the webpage to find the challenge you are looking for. <https://keltymentalhealth.ca/mental-health-challenges-and-disorders>

Information for families about mental health and how to help.
<http://www.heretohelp.bc.ca/workbook/family-toolkit>

Foundry offers young people ages 12-24 information on different mental health challenges, self-checks, tips, apps and tools. <https://foundrybc.ca/>

Practical Tools:

Free Mindshift APP for helping with Anxiety - <https://anxietycanada.com/resources/mindshift-cbt/>

Why is mindfulness important? <https://childmind.org/blog/mindfulness-how-and-why-it-works/>

Calm breathing: <https://youth.anxietycanada.com/how-do-it>

Tense and Release: <https://youth.anxietycanada.com/how-do-it-0>

Visualization: <https://youth.anxietycanada.com/visualizations>

Test Anxiety and other confidence builders: <https://youth.anxietycanada.com/confidence-builders>

Mindfulness for teens (relaxation audio clips). <http://mindfulnessforteens.com/guided-meditations/>

Healthy sleep habits. <https://anxietycanada.com/articles/getting-a-good-nights-sleep/>

Sleep video about the five non-negotiables regarding healthy sleep. <https://www.headtalks.com/live-choose-sleep-well/>

Yoga at home. https://www.youtube.com/results?search_query=adrienne+yoga

Services:

Kids Help phone – online live chat available. There is more information under the heading: Get Info.
<https://kidshelpphone.ca/>

Free confidential online CBT counselling service: <https://www.keltyskey.com/>

Free counselling at Fraser Health Burnaby Youth Clinic. 4734 Imperial St. 604-293-1764

<http://www.burnabyyouthhub.org/other-programs-services/>

Affordable counselling services from ACTS Counselling Centre:

Burnaby Counselling Group (604) 430-1303

Peace Portal Counselling (604) 542-2501

Catholic Parenting books

[Evangelizing our Children with Joy](#) by Mary Cooney (2016)

[Parenting for Character: Equipping your child for life](#) by Andrew Mullins (2005)

Note: All information on the counselling link of the STMC website is for educational purposes only. For specific psychological or medical advice, diagnoses, and treatment, consult your doctor or a registered psychologist.