



## Online Mental Health Resources

**Emergency Help:** If you or someone in your care is having a mental health/substance use crisis:

- Call **911** or go to your local hospital's emergency room
- Call the **Crisis Line** at **310-6789** or the **Suicide Hotline** at **1-800-SUICIDE (1-800-784-2433)** for confidential, non-judgmental and free support available 24/7
- [Kids Help Phone](#) 24/7 text (686868) and phone support 1-800-668-6868
- Call the **YouthinBC** 24/7 crisis line at 1-866-661-3311, or access their Online Chat - [Youth in BC](#) – with trained volunteers 12pm – 1am daily
- **KUU-US Crisis Line Society for BC – 1-800-588-8717 – 24 hour Crisis Support** - Includes Indigenous focused risk assessment and safety monitoring.

How to talk about Mental Health - [Be There](#)

Anxiety - [Anxiety 101 for Youth](#)

Cognitive Behavioural Therapy and Anxiety (video) - [Learning to Face Fear by Dawn Huebner](#)

My Anxiety Plan for [Children and Teens](#) (sign up for free)

Youth Depression - [Dealing with Depression Workbook](#) and [Parent's Guide to Teen Depression](#)

Eating Disorders - [Kelty Mental Health Eating Disorders](#)

A provincial source of mental health and substance use information, resources, and peer support for children, youth and families - [Kelty Mental Health Resource Centre](#)

Healthy relationships - [Dynamic Catholic - Relationships](#)

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 - [Kelty Mental Health](#)

Information for families about mental health and how to help - [Here to Help - Family Toolkit](#)

Foundry offers young people ages 12-24 information on different mental health challenges, self-checks, tips, apps and tools [Foundry](#)

[Social Media and Mental Health](#)

## Practical Tools

Free Mindshift APP for helping with Anxiety - [Mindshift App](#)

Why is mindfulness important: [Mindfulness](#)



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Anxiety Canada Audio Files, so you can listen anywhere:

[Calm Breathing](#)

[Mindful Breathing](#)

[Tense and Release](#)

[Body Scan](#)

[Quick Mental Vacation](#)

[Out of This World](#)

[Relaxing Beach](#)

[Test Anxiety](#)

[Social Anxiety](#)

[Public Speaking](#)

Mindfulness for teens (relaxation audio clips) [Mindfulness for Teens Website](#)

Healthy sleep habits [Tips for Getting a Good Night's Sleep](#)

Five non-negotiables regarding healthy sleep [video](#)

Yoga at home: [Yoga with Adriene](#)

Services:

[Kids Help Phone](#) – online live chat available, plus more information under the heading: Get Info.

[Free Virtual Support](#) from Foundry BC

[Free Online Support](#) from Bounce Back BC

[Free Online Self-help](#) from Kelty's Key

Affordable counselling services from ACTS Counselling Centre:

Burnaby Counselling Group (604) 430-1303

Peace Portal Counselling (604) 542-2501

[Child and Youth Mental Health](#)

Child and Youth Mental Health Burnaby North: 604-660-0602

Child and Youth Mental Health Burnaby South: 604-660-9544

A family member's employer may have extended benefits that include private counselling, please contact your Extended Benefits Plan Provider for more information.

## 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. (updated Dec 2022)