St. Thomas More Collegiate
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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

Helping a Friend You're Worried About - Here to Help Website

Anxiety - Kelty Mental Health: Helping your anxious child or teen

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

Youth Depression - Kelty Mental Health Depression

Eating Disorders - Kelty Mental Health Eating Disorders

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 - Apple or Google Play

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Mindfulness for teens (relaxation audio clips) Mindfulness for Teens Website

Healthy sleep habits Tips for Getting a Good Night's Sleep

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

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 Oct,. 2025)