




Mental Health & Wellness Resources for Caregivers & Families

This list includes a range of resources to support caregivers, families, and youth.

Most resources listed are free.




All Resources are linked

Resource	Description & Link
ABCs of Youth Substance Use 	Resources for caregivers on discussing substance use, including alcohol, vaping, and other drugs.
Anxiety Canada	Free anxiety resources, strategies, and tips for youth and adults.
Teen Mental Health	Free mental health resources for youth and families.
Eating Disorder Supports & Referrals	Resources on supporting and finding services for families & youth. 250-519-5390 ext.36925.
Foundry BC	Wellness resources, services & supports for youth 12-24y Includes resources for educators, youth & families about anxiety, depression, body image, substance use.
Heart-Mind Online	Free resources for caregivers and families around topics like anger, anxiety, conflict resolution, confidence, empathy, resilience, self-regulation.
Here to Help	Wide range of free, quality information about mental health, mental illness and substance use.
Kelty Mental Health	Offers content and links to mental health resources for caregivers and families.
Media Smarts	Free media literacy resources including online videos, games & workshops for caregivers.
Open Mind Youth Mental Health	Free mental health tools and resources for educators, students and families, from the Doctors of B.C.
Second Step	Resources for families about social-emotional learning, bullying prevention and child protection.
Strong Minds Strong Kids Psychology Canada	Resources for caregivers, kids, and teens to help manage stress effectively and build emotional resiliency. Many free resources some are a small cost.
Embody	Resources for parents, youth, and educators to promote positive body image.
Ted Ed Videos	Award-winning, short, evidence-based videos for sparking curiosity and celebrating youth ideas. For youth, caregivers, families, and educators.



Supports and Services for Youth, Families & Community Agencies

BC 211 (24/7)		Find health resources in your community. Call or text 2-1-1 .
Crisis Centre BC		1-800-784-2433 or 310-6789 (no area code) or dial 9-1-1 .
FamilySmart		Support for families with mental health challenges.
FoundryBC		Wellness resources & support for people age 12-24 years.
Island Health Discovery Youth & Family Substance Use Services		Support for youth ages 13-19 years, family members, friends and support people.
Island Health Mental Health		Local resources and services.
Kelty Mental Health Centre		1-800-665-1822 Support for B.C. youth, families &, agencies.
Kids Help Phone (24/7)		1-800-668-6868 Live, online chat noon to 1 a.m.
Kuu-us Crisis Line (24/7)		1-800-588-8717 Support for Indigenous people in B.C.
Racist Incident Helpline		1-833-457-5463 Support for people who have experienced or witnessed a racist incident.
Vancouver Island Crisis Line (24/7)		1-888-494-3888 24/7 Crisis line, text and chat options.
Youth in BC (24/7)		Online Chat noon to 1 a.m. and links to 24/7 crisis lines.