

• RESOURCES FOR TEENS •

ONLINE COUNSELLING



[ANXIETYSANADA.COM](https://www.anxietycanada.com)

Has information and strategies to manage anxiety, and a free MindShift App!



[KELTYMENTALHEALTH.CA](https://www.keltymentalhealth.ca)

Support for youth, by youth who live with mental illness.



[DWDONLINE.CA](https://www.dwdonline.ca)

A free online resource for dealing with depression.



[KIDSHELPHONE.CA](https://www.kidshelpline.ca)

Telephone and chat counselling support for teens.



[BOUNCEBACKBC.CA](https://www.bouncebackbc.ca)

A program to help youth 15+ manage low mood, mild to moderate depression, anxiety, and more.



[MINDCHECK.ME](https://www.mindcheckme.ca)

Check how your mental health is going and keep track of your improvement!

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[CRISISCENTRE.BC.CA/SPECIAL-PROGRAMMING-DURING-THE-CURRENT-HEALTH-SITUATION/](https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/)

A free online course beginning April 3rd by Webinar on Tools for Managing Uncertainty and Change for youth.

[SECONDSTEP.ORG/COVID19SUPPORT](https://secondstep.org/covid19support)

A free online resource for kids ages 5-13 for mindfulness programs/videos.



• RESOURCES FOR PARENTS •

ONLINE COUNSELLING



[INFORMATIONCHILDREN.COM](https://www.informationchildren.com)

A free source for a Parent Helpline, Parent Coaching and Parenting Pamphlets.



[KELTYMENTALHEALTH.CA](https://www.keltymentalhealth.ca)

Information and strategies for parents worried during this time.



[CRISISCENTRE.BC.CA/SPECIAL-PROGRAMMING-DURING-THE-CURRENT-HEALTH-SITUATION/](https://www.crisiscentre.bc.ca/special-programming-during-the-current-health-situation/)

Offers a free online course for Managing Stress and Burnout.



[FAMILY DOCTORS](https://www.familydoctors.ca)

All doctors in the province are offering their services by phone and in person if needed.

• TIPS FOR PARENTS IN QUARANTINE •

MENTAL HEALTH



CHECK-INS

Ask your family: How are feeling? Do you want to talk about anything? And listen!

EXERCISE

Physical activity is a great way to reduce stress.



SET GOALS

Make individual and family goals to stay productive every day.

ALONE TIME

Giving your family space to be alone once and a while to relax is very helpful.

