

Child & Youth Mental Health and Substance Use Resources for Providers

Consultation Supports	
All Providers	Compass: Advice, resources, and consultation for direct care providers about child/youth mental health and substance use. Monday to Friday 9am-5pm. 1-855-702-7272 https://compassbc.ca/
Physicians, medical residents and nurse practitioners	UHNBC: (250) 565-2000 (ask for Psychiatry On-Call)
	RACE line: Psychiatrist to take the RACE calls seven days a week 8am-10pm 604-696-2131 or 1-877-696-2131
	BC Children's Hospital after hours: 604-875-2345 (ask for Psychiatry On-Call)

Online resources and tools to support practice	
Competency Based Resources	Child Health BC Caring for Children & Youth with Mental Health & Substance Use Concerns
	Cultural Safety: Respect and Dignity in Relationships
Suicide screening and safety planning	Columbia Suicide Severity Rating Scale
	Columbia Suicide Acute Risk Assessment Lanyard Card
	Adolescent Safety Plan
Patient and Family Resources	Kelty Mental Health: Resources for Healthcare Professionals
	Foundry: Resources for working with young people
	CYMHSU Community of Practice Resource
	Family Support Institute of BC
Virtual Care	Family Smart: Supports for young people, families and professionals
	Mental Health Commission of Canada - Toolkit for e-Mental Health Implementation
Primary Care	MentalHealth.ca: Primary Care Guides for MHSU issues (and patient info)
Therapeutic Resources for Managing Stress/Anxiety in Patients	Psychological First Aid Field Guide
	MH Commission of Canada: Helping Others During COVID
	OXCADET Resources for Cognitive Therapy
Gender Based Violence	People who may be or are experiencing violence (BCCDC)
	Gender-Based Violence: We All Can Help
Substance Use	BC Centre for Substance Use Clinical Care Guidance
Vulnerable Populations	COVID-19 Resources for NH Staff and Community Partners Working with Populations who Experience Vulnerabilities

Self-Care Resources	
All providers	Royal College: Wellness Resources for Healthcare Professionals (Royal College of Physicians)
	Psychological Support for Providers - phone support from psychologists in BC for health & essential service providers
	Ensuring Your Own Well-being While Caring for Others
	Supporting the Psychosocial Well-being of Health Care Providers During COVID-19 (BC CDC)
Physician specific	Physician Health Program (PHP) Peer Support Zoom Groups
	PHP 24-hr phone support line
	UBC CPD: Managing COVID Emotions (webinar)