

# Mental Health and Substance Use Resources

## COVID-19 Resources

1. **Centre for Disease Control and Prevention** – Coronavirus Disease 2019 resources: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
2. **BC Centre for Disease Control and Prevention** – Common questions: [http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions?utm\\_campaign=20200313\\_GCPE\\_AM\\_COVID\\_2\\_ADW\\_BCGOV\\_EN\\_BC\\_TEXT](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions?utm_campaign=20200313_GCPE_AM_COVID_2_ADW_BCGOV_EN_BC_TEXT)
3. **Coping with Stress and Anxiety During a Pandemic:** <http://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>
4. **Taking Care of Your Behavioral Health** – Tips for social distancing, quarantine, and isolation during an infectious disease outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
5. **COVID-19 and Anxiety:** <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>
6. **BC Housing: Information on housing and homelessness service providers:** <https://www.bchousing.org/COVID-19>

## MHSU resources for providers to distribute to families

1. **MindHealthBC** – information and support: <http://www.mindhealthbc.ca/>
2. **Mindshift:** <https://anxietycanada.com/resources/mindshift-cbt/>
3. **Anxiety Canada:** <https://www.anxietycanada.com/>
4. **eMentalHealth.ca** - Primary Care Guides for MHSU issues (and patient info): [primarycare.ementalhealth.ca/](http://primarycare.ementalhealth.ca/)
5. **The Kelty Mental Health Resource Centre:** information and support for children and youth: <http://www.keltymentalhealth.ca/>
6. **Kelty's Key** – information and support: <https://www.keltyskey.com/>
7. **FamilySmart Resources** – support and navigational assistance: <http://www.familysmart.ca/resources/>
8. **Foundry** – wellness resources, services and supports for young adults: <http://foundrybc.ca/>
  - a. Foundry BC is now offering virtual drop-in counselling sessions by voice, video and chat to BC's young people ages 12-24 and their care-givers: <https://foundrybc.ca/virtual>
9. **Northern BC Crisis Line** – 1-888-562-1214 or text 250-563-1214
10. **BC Suicide Line** – if you are considering suicide or are concerned about someone who may be, please call: 1-800-SUICIDE or 1-800-784-2433 or <https://crisis-centre.ca/faqs/>
11. **Suicide screening and safety planning resources** –  
Columbia Suicide Severity Rating Scale: <https://physicians.northernhealth.ca/sites/physicians/files/physician-resources/mental-health-resources/documents/suicide-screener.pdf>  
Columbia Suicide Acute Risk Assessment Lanyard Card: <https://physicians.northernhealth.ca/sites/physicians/files/physician-resources/mental-health-resources/documents/columbia-suicide-acute-risk-assessment.pdf>  
Adolescent Safety Plan: <https://physicians.northernhealth.ca/sites/physicians/files/physician-resources/mental-health-resources/documents/adolescent-safety-plan.pdf>
12. **MCFD – Child and Youth Mental Health Intake Clinic Contact List:** [https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/cymh\\_clinic\\_list\\_march\\_19\\_2020.pdf](https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/cymh_clinic_list_march_19_2020.pdf)
13. **Emotional Support for Seniors – Practical strategies for anxiety and stress related to COVID-19:** <https://ournh.northernhealth.ca/oursites/communications/OurNH%20Communications%20Documents/Psychological-Support-Package.pdf>

## Resources to support providers

1. **Compass** - Advice, resources, and consultation for direct care providers about child/youth mental health and substance use. Monday-Friday, 9am-5pm. 1-855-702-7272: <https://compassbc.ca/>
2. **BC Children's Hospital after hours:** 604-875-2345 (ask for Psychiatry On-Call)

## Resources for concurrent disorders (CD)/substance use

1. **Here to Help** – Family toolkit for alcohol and other drug use: <https://www.heretohelp.bc.ca/workbook/family-toolkit>
2. **From Grief to Action Coping Kit** – information & support for families affected by substance use: <http://fgta.ca>
3. **Drug Cocktails:** Facts about mixing medicine, booze and street drugs: [www.drugcocktails.ca](http://www.drugcocktails.ca)
4. **Drug & Alcohol referral line:** BC: 1-800-663-1441

## Adult Screening Self-Tests

1. **Mental Health Meter:** <https://cmha.ca/mental-health-meter#.V94PnyMrly4>
2. **Depression:** <https://www.heretohelp.bc.ca/screening/online/?screen=depression&xprOpenPopup=1>
3. **Anxiety disorders:** <https://www.heretohelp.bc.ca/screening/online/?screen=anxiety&xprOpenPopup=1>
4. **Well-being:** <https://www.heretohelp.bc.ca/screening/online/?screen=wellbeing&xprOpenPopup=1>

## Resources for common CYMH Issues

1. **Confident Parents:** Phone-based coaching for parents of children with anxiety & behavior difficulties: <https://welcome.cmhacptk.ca/>
2. **Rolling With ADHD:** A series of online modules for parents of children with ADHD (also applicable for behavior problems): <https://healthymindslearning.ca/rollingwith-adhd/>
3. **Bounce Back BC:** free program to manage low mood, mild to moderate depression, anxiety, stress or worry (for ages 15 & up): <https://bouncebackbc.ca/>

## First Nations Health Authority Resources

1. **Mental Health & Cultural Supports** – <https://www.fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf>

## Apps

1. Happify – <https://www.happify.com/> (free)
2. Mood Tracker for Android/Samsung – [https://play.google.com/store/apps/details?id=com.t2.vas&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.t2.vas&hl=en_CA)
3. Mood Tracker for Apple/iPhone – <https://apps.apple.com/ca/app/t2-mood-tracker/id428373825>
4. Calm – <https://www.calm.com/> (some content is free, need to make an account and there is a subscription service which costs money)
5. Moodpath – <https://www.moodpath.de/en/>
6. Mindshift - <https://www.anxietycanada.com/resources/mindshift-cbt/>
7. Healthy Minds – <http://healthymindsapp.ca/>