

## Mental Health Resources and Supports

### Crisis Supports:

**Kids Help Line:** 1-800-668-6868

**Kids Help Phone:** (Text CONNECT to 686868)

**Fraser Health Crisis line:** 604-951-8855 or 1-877-820-7444 (toll free) - trained volunteers provide emotional crisis support 24 hrs/day, 7 days a week.

**Short Term Assessment Response Team (START):** support during crisis of extreme mental health symptoms. Provides confidential mental health crisis intervention services for children and teens. 1-844-START 11 (1-844-782-7811)

**Mental Health Support Line (24/7 all ages): 310-6789**

**Call #211-** United Way – information/referral for community, government and social services

**Emergency Mental Health Crisis:** Call 911 – Car 67 Mental Health Police Response |

**Suicide Prevention Crisis Line:** 1-800-784-2433

**Suicide Prevention Education and Counselling (SPEAC):** 604-584- 5811

**Kuu-us Crisis Response Services:** toll-free 1-800-588-8717, provides 24/7 culturally-aware crisis support to Indigenous people in B.C.

**Hope for Wellness Help Line:** toll-free 1-855-242-3310, offers 24/7 counselling and crisis intervention by phone or online chat. Available in French, English, Cree, Ojibway, and Inuktitut.

**Metis Crisis Line:** 1-833-638-4722, provides 24/7 mental health support, including crisis intervention and access to crisis programs.

### Counselling:

Please contact your school based counsellor or District Resource Counsellor if you require further counselling supports and /or community based supports during this time.

#### Child and Youth Mental Health Clinics:

**South Surrey | White Rock**      **604-542-3900**      [www.cymhsrss.com](http://www.cymhsrss.com)

Surrey | Cloverdale                      604-951-5701

Surrey | Newton                            604-501-3122

Surrey | Guildford                         604-586-2685

Surrey | North                                604-951-5960

**BC Association of Clinical Counsellors** 1-800-909-6303 [www.bc-counsellors.org](http://www.bc-counsellors.org)

**BC Psychological Association:** [www.psychologists.bc.ca](http://www.psychologists.bc.ca)

**Homewood Health** – Surrey Schools Employee | Family Assistance Program **1-800-663-1142**

**DIVERSEcity** – Multicultural counselling services 604-597-0205 [www.dcrs.ca](http://www.dcrs.ca)

**Sources Community Resource Centre:** [www.sourcesbc.ca](http://www.sourcesbc.ca)

**Together White Rock | South Surrey:** [www.together-wr.com](http://www.together-wr.com)

**Aboriginal Child and Youth Mental Health Services:** 604-586-4200

**FRAFCA** (Fraser Region Aboriginal Friendship Centre Association) [www.frafca.org](http://www.frafca.org)

## Resources:

**Kelty Mental Health Resource Centre:** Children’s Hospital – resources for students, families and educators.

<https://keltymentalhealth.ca/>

**Foundry BC:** offers young people ages 12-24 health and wellness resources, services and supports-online and through integrated services in communities across BC <https://foundrybc.ca>

**Fraser Health Child and Youth Mental Health Resources** [www.fraserhealth.ca](http://www.fraserhealth.ca)

**Here to Help:** [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**BC Government Mental Health and Substance Use Supports in BC:** [www.2gov.bc.ca](http://www.2gov.bc.ca)

**Anxiety Canada:** [www.anxietycanada.com](http://www.anxietycanada.com)

**Canadian Mental Health Association:** [www.cmha.ca](http://www.cmha.ca)

**Mental Health Commission of Canada:** [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

**Wellness Together Canada: Mental Health and Substance Use Support:** [www.canada.ca](http://www.canada.ca)

## Managing COVID-19| Resources

**CYMHSU Community of Practice:** Managing Anxiety and Stress in Families with Children and Youth during the COVID- 19 outbreak [www.sharedcarebc.ca](http://www.sharedcarebc.ca)

**National Association of School Psychologists:** Resources for Parents/Educators. [www.nasponline.org](http://www.nasponline.org)

**The Collaborative for Academic, Social and Emotional Learning** <https://casel.org/covid-resources>

**Teen Mental Health:** Staying connected during Covid 19 [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

**Kelty Mental Health:** CoVid 19 Resources [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

**Stigma Free Society:** COVID-19 Youth Wellness Toolkit [www.stigmafreesociety.com](http://www.stigmafreesociety.com)

## Apps and Mindfulness recordings

**Guided Mindfulness Meditations** by Dr.Vo | Kelty Mental Health [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

UCLA Free guided mindfulness meditations <http://marc.ucla.edu/body.cfm?id=22>

Mindful Teen Website <http://mindfulnessforteens.com/guided-meditations/>

Apps: Headspace | Calm | Breathe2Relax|MoodGym|Breathr|Mindshift|Headspace|Mind Your Mood  
|What’s Up? | Smiling Mind| Stop, Breathe, Think |Insight Timer