

Youth Friendly Websites

Websites

AnxietyBC Youth Website

<http://www.youth.anxietybc.com/>

An interactive website that includes information on common problems related to anxiety, cognitive behavioural therapy, sleep strategies, tools, stories, videos and resources.

Bullying Canada

www.bullyingcanada.ca | Toll Free 1-877-352-4497

Bullying Canada is a bully support service run by youth for youth, providing phone support, online chat, and resources.

Dealing with Depression Web Application

<http://dwdonline.ca/>

A Canadian website providing useful and on-the-go strategies to help teens understand low mood and depression, and to learn and apply effective coping skills.

Depression Hurts

<http://www.depressionhurts.ca/>

A Canadian website with information on depression, which includes a self-assessment quiz, information on how to talk to your physician, treatment options, and management options.

Drug Cocktails

<http://www.drugcocktails.ca/>

Facts about mixing medicine, booze, and street drugs.

Erase Bullying

www.erasebullying.ca

Provides information on a variety of topics related to bullying, including cyber bullying, and allows parents and youth an opportunity to report bullying

Here to Help

<http://www.heretohelp.bc.ca/>

A Canadian website on mental health, including information on symptoms, causes, diagnosis, treatment, and how to help a friend or family member.

TeenHealth

<http://kidshealth.org/teen/>

A US-based website providing general health and healthy living information for kids, teens, and parents, including information on causes, related issues, coping skills, and more.

Mindcheck

<http://www.mindcheck.ca/>

A Canadian website focused on prevention and early intervention of mental health challenges in youth. Contains information, quizzes and resources.

MindShift Mobile App

<http://anxietybc.com/mobile-app>

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Mind Your Mind

<http://mindyourmind.ca/>

A Canadian website for youth by youth providing resources to help manage stress, and mental health issues. Includes personal stories, coping tools, music, and a blog.



Websites (continued)

NIDA for Teens

teens.drugabuse.gov

NIDA for Teens provides science-based facts about how drugs affect the brain and body so youth have the information to make healthy decisions.

Psychosis Sucks

<http://www.psychosissucks.ca/>

The Fraser South Early Psychosis Intervention Program website. This site promotes early detection, education about psychosis and provides direction for seeking help.

ReachOut Psychosis

<http://www.reachoutpsychosis.com/>

ReachOut is a program for youth with takes information about how to spot and get treatment for psychosis as early as possible so they can help their friends get help early.

Taking Care: Child and Youth Mental Health

<http://takingcare.knowledge.ca/>

Interactive site focusing on child and youth mental health issues related to anxiety, behaviour, depression, and psychosis.

Teen Mental Health

<http://teenmentalhealth.org/understanding-mental-health/mental-disorders/>

A Canadian website with evidence-based information on teen mental health, including anxiety. The site has a number of videos explaining different types of anxiety.

Support
Services

Alcohol and Drug Information & Referral Services

Toll-Free: 1-800-663-1411 | Phone 604-660-9382

Worried about drug and alcohol use? Whether it's for yourself or someone you care about, you can call the Alcohol and Drug Information and Referral Service for information, options and support.

Crisis Line Network of BC Toll-Free: 310-6789 | <http://www.crisislines.bc.ca/> | 1-800-SUICIDE

Available 24/7 the Crisis Line provides mental health support, information, and resources for people who are distressed as well as their friends and families.

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822 | kellycentre@bcmhs.bc.ca

<http://kelymentalhealth.ca/> | <http://kelyeatingdisorders.ca/> | kellycentre@bcmhs.bc.ca

A provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC, as well as eating disorders for all ages.

Kids Help Phone

Toll-Free: 1-800-668-6868 | <http://kidshelpphone.ca/>

Provides confidential, anonymous counselling online or over the phone. Website provides space to share stories and connect with other youth, as well as a Topic Library about common concerns.

Youth Against Violence Line

Toll-Free: 1-800-680-4264 | Text 604-836-6381 | <http://www.youthagainstviolenceline.com/>

Youth in BC run a 24/7 crisis-line, and also offer support via online chat from 12pm-1am. They also have information and resources for youth on their website.

Youth in BC

Toll-Free: 1-866-661-3311 | <http://youthinbc.com/>

Provides 24/7 live help line where youth can talk one-on-one in confidence and anonymously to a support worker. This is a multilingual line.

