

## Counselling & Mental Health Information and Resources for SD 85 Vancouver Island North

<b>SUICIDE PREVENTION, CRISIS SUPPORT, &amp; INTENSIVE/COMPLEX NEEDS</b>		
BC Crisis Line	1-800-SUICIDE (1-800-784-2433) 310-6789	24/7 Support for Yourself or Someone You Know who is Having Thoughts of Suicide OR Requires general mental health support if you are worried, upset or just want to talk.
Vancouver Island Crisis Line	1-888-494-3888 Crisis Chat (6pm-10pm) <a href="http://www.vicrisis.ca">www.vicrisis.ca</a> Crisis Text (6pm-10pm) 250-800-3806	Support for people in emotional distress and connection to emergency mental health services when needed
Your Life Counts	<a href="https://yourlifecounts.org">https://yourlifecounts.org</a>	Online support for various groups impacted by suicide (front line workers, bereaved by suicide, discouraged by the system, distressed, youth, physically challenged, attempt survivors, family & friends, indigenous, military, LGBTQ)
Youth Short Term Assessment and Response ( <b>Y-Star</b> ) Youth Substance Use Program	250-902-6063 ext. 66962 (Port Hardy)	The Y Star program supports youth who are experiencing significant crisis related to mental health and/or substance use issues. Y Star services include: <ul style="list-style-type: none"> <li>• Crisis assessment and response</li> <li>• Substance use treatment support</li> <li>• Overdose prevention and follow up</li> <li>• Connections to services</li> <li>• Transition support</li> <li>• Resource and referral coordination</li> <li>• Outreach</li> <li>• Harm reduction</li> </ul> Physician or nurse practitioner referral
Youth Intensive Case Management Team	Fax completed forms to 250-519-6952 Inquiries: 250-519-5274	Integrated services for youth 13-18 primarily with multiple and complex needs related to significant substance use and co-occurring mental health challenges
LivingWorks Suicide Prevention training	In-Person (ASIST training) and Online (START & safeTALK) <a href="https://livingworks.net">https://livingworks.net</a>	<ul style="list-style-type: none"> <li>• <b>LivingWorks ASIST</b> (Applied Suicide Intervention Skills Training) is a two-day, interactive and in-person workshop in suicide first-aid</li> <li>• <b>LivingWorks START</b>: A 90 minute, online training that helps learners develop foundational skills to recognize when someone may be thinking of suicide and connect them to further help. <ul style="list-style-type: none"> <li>- appropriate and safe for anyone aged 15 years and older (13+ with parent/carer supervision)</li> </ul> </li> <li>• <b>LivingWorks safeTALK</b> is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. <ul style="list-style-type: none"> <li>- for participants aged 15+</li> </ul> </li> </ul>

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<b>SELF HELP</b>		
Helpline for Children	If you are a child or youth and would like to talk to someone call the Helpline for Children at 310-1234. You do not need an area code. You can call at any time of the day or night and you do not have to give your name.	<ul style="list-style-type: none"> <li>• BC Child Protection Services</li> <li>• <b>If you think a child or youth (under 19 years of age) is being abused or neglected, call 1-800-663-9122 at any time of the day or night.</b></li> </ul>
Kids Help Phone	1-800-668-6868 OR Text Connect to 686868	24 Hour Phone, Counselling and Referral Service for Young People
Kids Help Phone Indigenous Initiatives Network	Kidshelpphone.ca/indigenous 1-800-668-6868 OR Text "First Nations" "Metis" or "Inuit" to 686868 (youth) or 741741 (adults)	24/7 Crisis Line to connect with a First Nations, Inuit or Metis Crisis Responder
Kuu-Us Crisis Line Direct Youth Line	1-800-588-8717 OR 250-723-2040	24/7 Crisis Line Support for Indigenous Youth
Metis Crisis Line	1-833-MetisBC (1-833-638-4722)	24 hr phone support for Metis people experiencing challenges such as anxiety, grief and loss, abuse, bullying and more
Youth in BC Chat	YouthinBC.com	Noon-1 am 1 on 1 online chat to access support and information
Youthspace (Under 30)	Youthspace.ca OR Text 778-783-0177	6pm-midnight online or text chat support to youth wanting emotional support or crisis intervention
HERE2TALK	1-877-857-3397 OR HERE2TALK App	24/7 Counselling and Community Referral Service
Hope for Wellness Helpline	1-855-242-3310 OR chat @ www.hopeforwellness.ca	24/7 Mental health support service available to all Indigenous people across Canada. Provides emotional support, crisis intervention and referrals to community-based services.
Indian Residential School Crisis Line	1-866-925-4419 <a href="http://VancouverIsland.fnha.ca">Vancouver Island (fnha.ca)</a>	Provides cultural and emotional support, and mental health counselling services to Survivors of Indian Residential Schools and the families of former students.
ERASE (Expect Respect and a Safe Education)	<a href="https://erasereportit.gov.bc.ca">https://erasereportit.gov.bc.ca</a>	Anonymous reporting tool for students who have seen or heard something that concerns them (includes cyberbullying, mental health concerns, bullying, racism, school safety, SOGI concerns, substance use, gender-based violence)

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<b>LOCAL COUNSELLING/MENTAL HEALTH SERVICES</b>		
Child & Youth Mental Health (Port Hardy)	250-949-8011 to schedule an intake	Assessment, Therapy, Intervention and Consultation services. Additional Services: MAPLES ADOLESCENT TREATMENT CENTRE services for 12-17 yrs who have a lot of mental health concerns or troubling behaviour YOUTH FORENSIC PSYCHIATRIC SERVICES for youth who are in custody or under community supervision LEDGER HOUSE PROGRAM is an island-wide resource that provides acute, in-patient, hospital based psychiatric services for children and youth serving all Island Health children, youth and families, providing stabilization, assessment, treatment planning and short-term interventions for children and youth aged 6 to 16 years.
North Island Community Services	<a href="https://www.nicomcommunityservices.ca">https://www.nicomcommunityservices.ca</a> 250-956-3134	FAMILY LIFE SUPPORT PROGRAM person-centered outreach and home-based support program for individuals or families with children/youth aged 0-18, who may require additional support FOSTER FAMILY SUPPORT services to foster families and relatives, including in home/outreach, assistance with navigating MCFD, advocacy CHILD AND YOUTH MENTAL HEALTH COUNSELLOR support services in MWR for youth 13-18, may be under 13 at the discretion of the counsellor TEEN CENTRE Friday nights from 6-9 September-June
North Island Crisis and Counselling Services	Self refer to services 250-949-8333 <a href="https://nicccs.org">https://nicccs.org</a>	CHILD AND YOUTH MENTAL HEALTH for ages 4-18. Who are experiencing distress which is impairing their functioning at home, school, with peers or in the community PEACE Program Individual and group for children 3-19 who have witnessed abuse or violence SAIP (Sexual Abuse and Intervention Program) who are showing sexually intrusive or abusive behaviours. Also support for families and/or caregivers THIRD PARTY REPORTING Allows adult survivors to access support and report details of a sexual assault to police anonymously. Youth under 19 may be eligible for TPR in certain circumstances

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Discovery Youth and Family Substance Use Services	<a href="#">Discovery Youth &amp; Family Substance Use Services   Island Health</a> 250-902-6064	Discovery's services are available to anyone in the community directly or indirectly impacted by substance use. This includes: <ul style="list-style-type: none"> <li>• Youth aged 13 to 19 who have concerns about alcohol or drug use</li> <li>• Families/Caregivers who are concerned about a youth using alcohol or drugs</li> <li>• Any support person who is worried about a youth's use of alcohol or drugs</li> <li>• Youth who are affected by someone else's use of alcohol or drugs</li> </ul> For new referrals, ask to speak with the Intake Counsellor.
Foundry	<a href="#">Foundry Port Hardy Now Offering Interim Services - Foundry - (foundrybc.ca)</a>	Foundry Port Hardy will offer young people 12-24 years old access to health and wellness supports including mental health and substance use support, primary health care, peer support and social services.
Foundry Provincial Virtual Services	Foundry.bc.ca	Peer Support Group Programs Library of Tools and Resources
Gwanak Nations	<a href="#">Health &amp; Family Services - Gwa'sala-'Nakwaxda'xw Nations (gwanaknations.ca)</a>	The Gwa'sala-'Nakwaxda'xw Health & Family Services Department provides health care and family services to Gwa'sala-'Nakwaxda'xw community members. Teams provide programs and services according to their mandates.
Kwakiutl Health Centre	<a href="#">Kwakiutl District Health Centre   Kwakiutl Band Council, Vancouver Island, Canada</a> Ph: <b>250-949-6625</b> Fax: 250-902-2246	Primary care and programming that meet the community's physical, mental, emotional and spiritual health care needs. Emphasis is placed on wellness, health promotion and chronic illness prevention throughout the lifecycle (from prenatal to senior citizen programming).
Namgis Community Services	1-888-962-6447 <b>Direct:</b> 250-974-5556 <b>Email:</b> <a href="mailto:info@namgis.bc.ca">info@namgis.bc.ca</a> <b>Fax:</b> 250-974-5900	<b>K'wak'walat'si Child and Family Services</b> Programs which support and maintain families through infant/early childhood development, early learning, youth/family support, income assistance, daycare and Head Start programs, legal support services, victim services, domestic wellness and youth justice. preservation homes

## Counselling & Mental Health Information and Resources for SD 85 Vancouver Island North

<p>Namgis Health Centre</p>	<p>250-974-8015 (8:30am-4:30 pm)</p> <p>Rena Hanuse—Counsellor renah@namgis.bc.ca</p>	<p>Alert Bay (Cormorant Island) Services are confidential, culturally sensitive and honour all regardless of faith, race and sexual orientation. Support for grief, trauma, depression, anxiety, mental illness, sexual abuse, physical abuse, relationship issues and drug/alcohol addiction. Service to T’lisalagi’lakw school, Alert Bay Elementary and North Island Secondary School during the school year.</p>
<p>Nawalakw</p>	<p>Connect at <a href="mailto:connect@nawalakw.com">connect@nawalakw.com</a>.</p>	<p>Grand opening of the Language &amp; Culture Camp at Hada, hi’m̓anis k̓ak̓ut̓a’atsi, in July 2022. The 2400 sq. ft solar-powered camp has capacity for 24 students, teachers, and support staff for year-round cultural and language revitalization programs.</p>
<p>Quatsino Health Clinic</p>	<p><a href="https://quatsinofn.com/departments/health-clinic/">https://quatsinofn.com/departments/health-clinic/</a> 305 Quattishe Rd. Coal Harbour, BC V0N 1K0 Phone: <a href="tel:2509496245">(250) 949-6245</a> Email: <a href="mailto:reception@quatsinofn.ca">reception@quatsinofn.ca</a></p> <p>Monday to Friday from 8am-4pm Closed for lunch from 12pm-1pm. <b>Walk-ins are not permitted – Please call to make an appointment.</b></p>	<p>• <b>Addictions/Mental Health program:</b> to provide prevention, intervention and aftercare and follow-up services. <b>Prevention strategies:</b> culturally appropriate programs to educate and create awareness about addictions and addiction-free lifestyles. <b>Goal:</b> to support community members to reduce the incidence of alcohol and other substance use, build capacity to develop and deliver culturally appropriate programs, increase awareness, strengthen relationships, provide support to individuals and families pre and post treatment.</p>

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<b>SUPPORTS AVAILABLE ONLINE &amp; BY PHONE</b>		
ERASE (Expect Respect and a Safe Education)	<a href="https://erasereportit.gov.bc.ca">https://erasereportit.gov.bc.ca</a>	Anonymous reporting tool for students who have seen or heard something that concerns them (includes cyberbullying, mental health concerns, bullying, racism, school safety, SOGI concerns, substance use, gender-based violence)
Family Smart	<a href="#">FamilySmart - Together-Centred™ for Child &amp; Youth Mental Health</a>	For anyone in BC, includes parent peer support, resources and videos
First Nations Virtual Doctor of the Day	1-855-344-3800	Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments. The intent of the program is to enable more First Nations people and their families to access primary health care closer to home.
Indian Residential School Survivor Society	1-800-721-0066 <a href="#">Indian Residential School Survivors' Society (irsss.ca)</a>	Provincial organization that provides essential services to residential school survivors and families experiencing intergenerational trauma.
Kelty Mental Health	<a href="https://keltymentalhealth.ca">https://keltymentalhealth.ca</a>	Help for families across the province to navigate the mental health system, connect with peer support and access resources and tools to support well-being
Sex Sense	1-800-739-7367	9am-9pm Monday-Friday Free sexual health resource and referral service
Tsow-Tun-Le-Lum Society	1-888-403-3123	“Helping House,” an Indigenous healing centre providing programs that address addictions, substance abuse, mental health, and trauma. Guidance from an Elder, prayers or a virtual smudging are some of the services for youth.
Y Mind Teen	<a href="#">Y Mind Teen   YMCA BC</a>	For those who are ages 13 to 18 and struggling with mild-to-moderate anxiety or stress, the YMCA's Y Mind Teen program can help. It is a free seven-week mental wellness program delivered across Canada by YMCAs and community partners.
Y Mind Youth	<a href="#">Y Mind Youth   YMCA BC</a>	For those who are ages 18 to 30 with mild-to-moderate anxiety or stress. Free seven-week mental wellness program delivered across BC. Participants learn and practice evidence-based strategies to help manage anxiety.

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PARENTING SUPPORTS		
CONNECTS Parenting	In-Person and Online <a href="http://connectattachmentprograms.org">eConnect Online — Connect (connectattachmentprograms.org)</a>	Shelly Wadden and Heather Scott have been trained and will be offering an in-person group after Christmas to help support mental health interventions for vulnerable youth and families
Confident Parents: Thriving Kids	<a href="https://welcome.cmhacptk.ca">https://welcome.cmhacptk.ca</a>	Free, strengths-based parenting program, offered through the Canadian Mental Health Association, BC. <ul style="list-style-type: none"><li>• Referral by doctor, clinical counsellor, or school counsellor</li><li>• Phone-based coaching</li><li>• two program streams to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges.</li></ul>

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<b>OTHER ONLINE RESOURCES for teachers &amp; parents:</b>		
EASE at Home	<a href="https://healthymindsbc.gov.bc.ca/ease-at-home/">https://healthymindsbc.gov.bc.ca/ease-at-home/</a>	EASE: Everyday Anxiety Strategies for Educators <ul style="list-style-type: none"> <li>• Resources &amp; lessons for teachers</li> <li>• EASE at Home: resources for parents</li> </ul>
Internet Safety	<a href="https://protectchildren.ca/en/resources-research/online-safety/">https://protectchildren.ca/en/resources-research/online-safety/</a>	
Kerri Isham, PowerUp Education:	<a href="https://www.powerupeducation.com/meet-the-team">https://www.powerupeducation.com/meet-the-team</a>	sexual health education
Simply Safe Kids (Body Safety):	<a href="https://proactive-parenting.teachable.com/p/simply-safe-kids">https://proactive-parenting.teachable.com/p/simply-safe-kids</a>	
Divorce & Separation		1) <a href="https://bc.familieschange.ca/en/parents/parent-guide">https://bc.familieschange.ca/en/parents/parent-guide</a> 2) <a href="https://bc.familieschange.ca/en/kids">https://bc.familieschange.ca/en/kids</a> 3) <a href="https://bc.familieschange.ca/en/teens">https://bc.familieschange.ca/en/teens</a> Video: Dinosaurs Divorce <a href="https://www.youtube.com/watch?v=NQcrq96608A">https://www.youtube.com/watch?v=NQcrq96608A</a>
Grief resources for children and youth	<a href="https://www.childrenandyouthgriefnetwork.com/resources/">https://www.childrenandyouthgriefnetwork.com/resources/</a>	
Self-Regulation & Stress Management: Dr. Stuart Shanker	<a href="https://self-reg.ca/parents/">https://self-reg.ca/parents/</a>  <a href="https://self-reg.ca/wp-content/uploads/2021/05/infosh eet_SelfRegParents.pdf">https://self-reg.ca/wp-content/uploads/2021/05/infosh eet_SelfRegParents.pdf</a>	<ul style="list-style-type: none"> <li>• Info</li> <li>• online courses</li> <li>• Parent resources</li> </ul>
Gabor Mate: ADHD & trauma	<a href="https://www.youtube.com/watch?v=DEa0-t4lcss">https://www.youtube.com/watch?v=DEa0-t4lcss</a>	This is a 2 min excerpt from one of his talks on ADHD
Zones of Regulation		
Bullying info for parents	<a href="https://www.prevnet.ca/bullying/parents">https://www.prevnet.ca/bullying/parents</a>  ERASE: <a href="https://erasereportit.gov.bc.ca">https://erasereportit.gov.bc.ca</a>	