

# Anxiety and Mental Health Resources for Families

Anxiety and mental health impact the education of children and youth, causing distraction, irritability or sleep issues, obsessive or avoidant tendencies, and other challenges. If your child is experiencing challenges, please speak to your teacher or Grad Advisor (GA). They will connect you to appropriate supports within HCOS, whether resources in the [Learning Commons](#), [Learning Groups like Hello Anxiety](#) or individualized support through Learning Services or Inclusive Education. You can complete the [Learning Support Request form](#) if you wish to share more details with your teacher.

This page offers a number of resources that may also be of use to you.

## Videos

- [An Effective Approach When Kids Feel Anxious](#), with Dr. Kendra Read (5 minute video)
- [Understanding Anxiety Webinar for HCOS parents by Julie Bohni \(Counsellor\)](#) (1 hour)
- [Wired for Connection Webinar for HCOS parents by Julie Bohni \(Counsellor\)](#) (1 hour)
- "[Motivation](#)" video by an HCOS Student
- Recordings of Katy Kwon, speaking for ACSIWC Student Mental Health day, October 26, 2021:
  - Session 1 - [My Locus of Control](#)
  - Session 2 - [Building Resilience](#)
  - Session 3 - [I am not a Teacup](#)

## Talk to a Person

- BC Helpline for Children 24-hour support for all BC youth 310-1234 (no area code needed)
- [FoundryBC on Anxiety](#)
  - [FoundryBC Anxiety screening tool](#)
  - [FoundryBC recommended Apps and Tools](#)
  - [Foundry Virtual Visit App](#)
  - Virtual drop-in counselling sessions by voice, video and chat for young people ages 12- 24 and their caregivers. Call 1-833-FØUNDRY (that's FØUNDRY with a zero or 1-833- 308-6379 📞)
- [START](#) - Short Term Assessment Response Treatment - Fraser Valley
- Interior Health Crisis Line (for anyone) 1-888-353-2273
- [Northern BC](#) Crisis Line: 1-888-562-1214 or text 250-563-1214
- BC Suicide Line: 1-800-SUICIDE or 1-800-784-2433
- Youth Crisis Line: Trained peer support: call 1-888-564-8336 or text 250-564-8336
- [Island Health](#) - Child and Youth - call 250-519-6720

## Free Counselling

- [UBCO counselling](#) - virtual, free and ongoing support
- [Wellness Together Canada](#) - virtual, free, live counselling for adults and youth

- BC Covid Mental Health Network - free, phone-based, short-term support with a counsellor. Email [bccovidtherapists@gmail.com](mailto:bccovidtherapists@gmail.com) to receive an appointment time.

## BC and Canadian Resources

- [WellbeingBC](#)
- [AnxietyBC Youth](#)
  - [Anxiety Canada App: MindShift](#)
- [Canadian Mental Health](#) - Youth Resources
- [Dealing with Depression](#)
- [Anxiety Canada - My Anxiety Plan](#)
- [BounceBack: For Adults and Youth](#)
- [ThriveLife Counselling & Wellness](#) offers CBT (Cognitive Behavioural Therapy) for the Family: Tools for Life, an online, 9-week, home-based course for families that seeks to reduce anxiety in children. The lesson outline and corresponding course details are available on the [registration page](#).
- [Early Psychosis Intervention](#)

## General Resources

- [Dwell](#) (app) reads the Bible with time for reflection, calm music, repetition
- [May7iCare](#) - Resources for middle and high school students
- [LilyJo Project Mental Health resources](#) (UK resource) - topics like anxiety, stress, self-harm, eating disorders, abuse
- [Jack.org](#) #dosomething Youth Mental Health Advocates
- [Anxious Toddlers to Anxious Teens](#)
- [Coping with Anxiety for Teens](#)
- [Right Now Media - Compass and Light series](#)

## HCOS Learning Commons Resources:

[Curated list of Anxiety and Worry resources on SORA - digital books, audio books](#)

## Tips to Relax, Manage Anxiety, Get Grounded

- [Create a lower stress home](#)
- [Build a bedtime routine](#)
- [Build resilience](#)
- [Belly Breath with Elmo](#); [Bubbles with Fish](#), [Mindful breathing](#), [Cocoa Breathing](#)
- [The Parenting Report: Are you Getting all A's?](#)

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