

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 Centraide – 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

Child and Youth Mental Health Clinics:

South Surrey White Rock	604-542-3900	www.cymhsrss.com
Surrey Cloverdale	604-951-5701	
Surrey Newton	604-501-3122	
Surrey Guildford	604-586-2685	
Surrey North	604-951-5960	

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 metal health support, including crisis intervention and access to crisis programs.

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

Here to Help: www.heretohelp.bc.ca

BC Government Mental Health and Substance Use Supports in BC: www.2gov.bc.ca

Anxiety Canada: www.anxietycanada.com

Canadian Mental Health Association: www.cmha.ca

Mental Health Commission of Canada: www.mentalhealthcommission.ca

Wellness Together Canada: Mental Health and Substance Use Support: www.canada.ca

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.

BC Association of Clinical Counsellors 1-800-909-6303 www.bc-counsellors.org

BC Psychological Association: www.psychologists.bc.ca

LifeWorks by Morneau Shepell – Surrey Schools Employee | Family Assistance Program **1-888-625-1136**

DIVERSEcity – Multicultural counselling services 604-597-0205 www.dcrs.ca

CRE 8 – Art Therapy – Surrey Schools epiper@surreyschools.ca

Sources Community Resource Centre: www.sourcesbc.ca

Together White Rock | South Surrey : www.together-wr.com

No Fear Counselling : www.nofearcounselling.com

Moving Forward Family Services: 778-321-3054

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

FRAFCA (Fraser Region Aboriginal Friendship Centre Association) www.frafca.org

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

National Association of School Psychologists: Resources for Parents/Educators. www.nasponline.org

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

Mental Health Literacy: Staying connected during Covid 19 <https://mentalhealthliteracy.org/>

Kelty Mental Health: CoVid 19 Resources www.keltymentalhealth.ca

Alongside You: COVID 19 Online Community Mental Health Support Group www.alongsideyou.ca

Stigma Free Society: COVID-19 Youth Wellness Toolkit www.stigmafreesociety.com

Apps and Mindfulness recordings

Guided Mindfulness Meditations by Dr.Vo | Kelty Mental Health 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