**Mental Health Resources from Open School BC (2 pages)**

* [Child and Youth Mental Health - Community Based Services](https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-youth-mental-health" \t "_blank): information on Child and Youth Mental Health teams located across the province, and services provided. CYMH teams are operational, either on site (with physical distancing) or virtual. Intake clinics are also operational, so new referrals are being processed.

https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics

* [Anxiety Canada](https://www.anxietycanada.com/" \t "_blank): expert tools and resources to help manage anxiety (adults and children).

https://www.anxietycanada.com/

* [Bounce Back](https://bouncebackbc.ca/" \t "_blank): free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Teaches effective skills to help people improve their mental health.

https://bouncebackbc.ca/

* [Heretohelp](https://www.heretohelp.bc.ca/" \t "_blank): provides information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking.

https://www.heretohelp.bc.ca/

* [Mental Health Digital Hub](https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc" \t "_blank): a provincial website that provides information, services, education and awareness about mental health and substance use for adults, youth and children.

https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc

* [MindHealthBC](http://www.mindhealthbc.ca/" \t "_blank): online mental health counselling program providing information and support for depression, anxiety, or other mental health or substance use challenges; includes recommendations for further support in Vancouver, Richmond and other coastal communities.

http://www.mindhealthbc.ca/

* [WE Well-being Digital Tool-kit](https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/covid-19-toolkit" \t "_blank): downloadable well-being resources, social media graphics, and links to inform and support parents and families.

https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/covid-19-toolkit