



BEST

BELIEVE when your friends share their difficulties. Believe in them and know it is normal and that there is help.

EMPATHY and non-judgmental listening will help your friends feel heard and accepted.

SUPPORT and encourage healthy habits, help connect with resources and be there to lend a hand.

TRUST in relationships helps friends feel safe to talk about real life situations.

What Youth are Saying about Mental Health

Mental health is not always easy to understand. Sometimes it's confusing and hard to talk about. Many youth experience mental health concerns - its more normal than you'd think. Talking about it with a caring person helps. Just like any other health concern it is important to know some signs and symptoms. It helps when you understand.

- **Mood Changes** like sudden sadness, extreme anger or rapid changes in feelings.
- **Intense Feelings** like extreme excitement, fear, worry or sadness.
- **Behaviour Changes** such as acting out-of-control or being out-of-touch with reality.
- **Difficulty Concentrating** or staying focused on tasks at hand.
- **Unexplained Weight Gain** or weight loss.
- **Physical Symptoms** like frequent headaches, bellyaches, heavy breathing and tiredness.
- **Self Harm** through self inflicted injury (can be either minor or major injuries).
- **Substance Use Problem** - alcohol, illegal substances or misuse of prescription medications.

Self-care ideas for stressful days

Be kind to yourself · Connect with nature · Slow down · Do something you love · Call a friend · Move your body · Listen to music · Write about how you feel · Read a book · Take a moment to breathe · Practice mindfulness · Eat something nourishing · Take a break from technology · Get creative · Find something to be grateful for · Play a sport · Do something kind · Go outside · Celebrate today

Where to Find Supports

Crisis supports |

- Kids Help Line | 1-800-668-6868
- Kids Help Phone | Text CONNECT to 686868
- Fraser Health Crisis Line | 604-951-8855
- Short Term Assessment Response Team (START) 1-844-782-7811
- Mental Health Support Line | 310-6789
- Emergency Mental Health Crisis | 911 - Car 67
- Suicide Prevention Crisis Line | 1-800-784-2433
- Suicide Prevention Education and Counselling (SPEAC) 604-584-5811
- KUU-US Crisis Reponse Service | 1-800-588-8717 Canada 211 - #211

Resources |

- Kelty Mental Health Resource Centre | www.keltymentalhealth.ca
- Foundry BC | www.foundrybc.ca
- Fraser Health Child and Youth Mental Health | www.fraserhealth.ca
- BC Government Mental Health and Substance Use Supports | www.2gov.bc.ca
- Anxiety Canada | www.anxietycanada.ca
- Canadian Mental Health Association | www.cmha.ca
- Mental Health Commission of Canada | www.mentalhealthcommissionofcanada.ca
- Wellness Together Canada: Mental Health and Substance Use support | www.canada.ca
- BC Association of Clinical Counsellors | www.bc-counsellors.org
- BC Psychological Association | www.psychologists.bc.ca

Child and Youth Mental Health Clinics:

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| South Surrey White Rock | 604-542-3900 |
| Surrey Cloverdale | 604-951-5701 |
| Surrey Newton | 604-501-3122 |
| Surrey Guildford | 604-586-2685 |
| Surrey North | 604-951-5960 |