



# 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](http://www.keltymentalhealth.ca)

Foundry BC | [www.foundrybc.ca](http://www.foundrybc.ca)

Fraser Health Child and Youth Mental Health  
| [www.fraserhealth.ca](http://www.fraserhealth.ca)

BC Government Mental Health and Substance Use  
Supports | [www.2gov.bc.ca](http://www.2gov.bc.ca)

Anxiety Canada | [www.anxietycanada.ca](http://www.anxietycanada.ca)

Canadian Mental Health Association | [www.cmha.ca](http://www.cmha.ca)

Mental Health Commission of Canada  
| [www.mentalhealthcommissionofcanada.ca](http://www.mentalhealthcommissionofcanada.ca)

Wellness Together Canada: Mental Health and Substance  
Use support | [www.canada.ca](http://www.canada.ca)

BC Association of Clinical Counsellors  
| [www.bc-counsellors.org](http://www.bc-counsellors.org)

BC Psychological Association | [www.psychologists.bc.ca](http://www.psychologists.bc.ca)

### Child and Youth Mental Health Clinics:

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