



Youth Mental Health & Well-Being Online Resources

Youth in BC – Chat 1-to-1 with a trained Crisis Responder on youthinbc.com daily from **12pm noon to 1am**. Available to youth in B.C. and the Yukon. The website now offers tips on supporting yourself and others through crisis, as well as free access to our online self-paced youth program, called **MindFlip** where you can learn practical tools for self-care.

BC Crisis Line Network – If you or someone you know is having thoughts of suicide, call **24/7 toll free** (translation services available in **140 languages**):

BC Suicide Prevention and Intervention Line 1-800-784-2433 (1-800-SUICIDE)
BC Mental Health Support Line: 310-6789 (no area code needed)

9-8-8 – National Suicide Crisis Helpline / Ligne d'aide en cas de crise de suicide. – Free, 24/7/365, call & text service in English and French.

Foundry BC – A local hub for support services and information for young people (aged 12-24). Explore this website to seek support and learn to navigate your mental, physical and sexual health. Click here for their extensive list of phone and online chat supports in BC.

KUU-US Crisis Line Society – Based in Port Alberni, providing 1-on-1 telephone support to Indigenous children, youth, adults and elders throughout the Province of

Mind Map BC – A custom-made database that includes LGBTQ2-affirming mental health supports that are low-barrier and free or low-cost (on sliding scale). Selected services are available through self-referral (meaning you do not need to see a doctor to access these), as well as accessible in online or telehealth formats. www.mindmapbc.ca/

Seize the Awkward – Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out this US resource to learn how to recognize when outside help is needed, to hear the stories of impact, and to access tools – from conversation guides to tips. This website can help you help those in need.

Kids Help Phone – A mental health website with over 400 resources including videos, games and tools to help young people learn more about their well-being and Feel Out Loud. Speak with a professional counsellor for free by calling 1-800-668-6868, 24/7, Eng./Fr. From anywhere in Canada (translation service is available in over 100 languages), or via online chat (7pm-11:15pm). Alternatively, text CONNECT to 686868 to chat with a trained crisis responder volunteer.

Looking for tips on self-care practices? Consider the ideas outlined in these resources:

- [Seven Days of Self-Care](#)
- [Positive Steps to Wellbeing](#)
- [Types of Self-Care](#)
- [Click here](#) to download a poster with top tips for supporting your friends and caring for your own mental health by McReary's YAC

Wondering about your stress level? - Try out this reflective survey where you're asked a series of questions to learn more about your stress level. [Take the Stress Self-Check](#) (5 minutes)

Looking for more ways to cope with stress or daily challenges? - Explore different apps you can download onto a mobile device to navigate challenging times, learn information and skills to support your well-being at FoundryBC [APPS & TOOLS](#).

Curious about Mindfulness? Try a free App!

- [Insight Timer](#)
- [Headspace Meditation App](#)
- [10 Percent Happier](#)
- [Breathr](#)
- [Calm](#)
- [MindShift](#)
- [Stop Breathe Think](#)

Guided Mindfulness Practices

- [Breath Awareness \(2:40 min\)](#)
- [Body Scan \(3:30 min\)](#)
- [Exploring Peace \(3:50 min\)](#)
- [Mindfulness of Body and Breath \(6:10 min\)](#)
- [Mindful Moments](#) facilitated by a rapper JusTme (scroll down)

Visit [UCLA Mindfulness Awareness Research Centre](#) for other guided meditation audio recordings.

To watch:

[In this video](#) Tyler Motte of the Vancouver Canucks reflects on the actions he's taken to improve his mental health after experiencing adversity, including little self-care habits that can make a big difference. Reaching out for help and getting officially diagnosed felt like a step back at first, but as time went on it became the best thing he's ever done.

[Gratitude Revealed](#) - Featured here is a wondrous 7-minute moving-art video by Louie Schwartzberg - a cinematographer and a pioneer of feature films for nature, wellness, meditation, and gratitude – not to be missed. The page also offers exercises and the science behind practicing gratitude. Enjoy !!

Looking for help navigating the mental health system? [Click here](#) for information about different mental health professionals in BC.