



youthinbc.com
youth IN bc
 BE HEARD. GET HELP.
 A Crisis Centre service for youth
1 866 661 3311

DON'T FIT IN?
 CONFUSED?
 BULLIED?
 DEALING WITH ABUSE?
 UNPLANNED PREGNANCY?

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 Aboriginal Child & Youth Wellness
 Sunshine Coast

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Sunshine Coast Community Services
 Creating a Caring Community

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sccss.ca

Vancouver Coastal Health
 Promoting wellness. Ensuring care.

Sunshine Coast Public Health and Prevention
 PO Box 78
 494 South Fletcher Rd
 Gibsons, B.C.
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Annaliese Hasler, BScN MN-NP(F)
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 Womens Health, Youth Health,
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24/7 · anonymous · confidential · in your language

YOUTH AGAINST VIOLENCE LINE
1-800-680-4264
 info@youthagainstviolenceline.com

Stand up. Be heard. Get help.

QP#4500156022

Youth Resources for the Sunshine Coast

Crisis Resources

www.youthinbc.ca - Crisis counseling online or by phone. Crisis counselors available via IM during afternoon and evening hours.

Kids help line - 310-1234 Kids Help Phone 1-800-668-6868
 Free, confidential anonymous counseling

Sechelt Hospital Emergency Room if there is a medical emergency – alcohol poisoning, overdose, accident, assault,

BC Mental Health Support Line - 310-6789 (do not add 604, 778 or 250 before the number). It's free and available 24 hours a day. -

KUU-US crisis line -1-800-588-8717 or 250-723-2040 www.kuu-uscrisisline.ca **Facebook Page:** KUU-US Crisis Service bullying, peer pressure, relationships, mental health for First Nations youth.

Call 911 - If you believe that your life or someone else's life is in danger.

Medical Help - Services are Confidential

Call your FAMILY DOCTOR - find their # on FETCH www.sc.fetchbc.ca

Gibsons Youth Clinic Gibsons Health Unit - Drop in - Mondays 3-5:30pm
 604-886-5600 494 S. Fletcher Way, Gibsons

Sechelt Youth Clinic Sechelt Health Unit - Drop in -Wednesdays 3-5pm
 604-885-5164 5571 Inlet Ave., Sechelt

Pender Harbor Youth Clinic Pender Harbor Health Care Centre
 Tuesday 3-5 604-883-2344 5066 Francis Peninsula Rd., Madeira Park

Food Bank - Sechelt Tuesday and Wednesday 11-1 5657 Lamprey Lane
 Gibsons Salvation Army 682 Gibsons Way Wednesday and Thursday 11-12
 Pender Harbor Every second Monday at the Community Church 1-3

Counselling

Call your FAMILY DOCTOR - find their # on FETCH www.sc.fetchbc.ca

Child and Youth Mental Health (if depression, anxiety or other mental health issue is present). Can self-refer if over 13. Take a support person with you if you need to. For more information call 604-740-8900

Alcohol and Drug Services - 604-989-0667. If you or someone you know is having trouble with substances. Call for info, support and/or counselling.

Youth Outreach - 604-741-1129

Aboriginal Wellness Support Worker
 604-989-6600 Support available for any First Nations youth.

Pender Harbor Youth and Family Support
 604-883-2826. M- F Support and counselling for youth in Pender Harbor.

Provincial Services

The Alcohol and Drug Information Referral Service
 Call 1-800-663-1441 (toll-free in BC) or 604-660-9382 (in the Lower Mainland)

HealthLink BC - Call 811 or visit www.healthlinkbc.ca to access free, non-emergency health info for anyone in your family, including mental health and substance use information.

Mindcheck.ca – this website is designed to help youth and young adults in BC check out how they're feeling and quickly connect to mental health resources and support.

dwdonline.ca - This is an online workbook that teaches skills to deal with depression. Developed for adolescents.

The Trevor Project - www.thetrevorproject.org anti-bullying support for LBGQT youth

Transgender Health Program - <http://transhealth.vch.ca> for anyone with questions about transgender issues

Looking Glass Foundation - www.LookingGlass.com or 604-314-0548. Information about disordered eating

Here to Help - www.heretohelp.bc.ca website with self-help tools and resources for mental health, addictions, tool kits, discussion forums.

Youth Against Violence - 1-800-680-4264 24/7 help. Anonymous, confidential.

www.asaferspace.ca - If you have concerns about sexual exploitation

www.needhelpnow.ca – Cyberbullying, helping a friend, removing sexual photos from the Internet

Mobile apps

• **Booster buddy - Viha.ca/boosterbuddy**. Helps track how you're feeling, teaches coping skills, keeps track of medications and appointments.

• **MindShift** - www.anxietybc.com/resources/mindshift.app. The Mindshift app is available through Kelty Mental Health website.

• **thinkFull** - mindyourmind.ca/interactives/thinkfull Record your stress level along with life events to build self awareness; personalize life tips that help you achieve healthy life balance; and recognize patterns in your stress, and start to solve the real problems.

• **Always There** - kidshelpphone.ca/teens/phoneus/alwaysthere.



DEPRESSION

Am I depressed? (check ✓ what applies to you)

- sad, feeling hopeless
- feeling guilty or worthless
- tearful, crying, wanting to cry but can't
- tired, loss of energy
- withdrawn from friends and family
- nothing to look forward to, no positive feelings
- loss of interest in activities
- angry, irritable, sensitive to criticism
- difficulty concentrating, difficulty making decisions
- problems with sleep, problems with appetite
- headaches, stomach pains

What if I'm thinking of hurting myself?

- call family or friends
- call a crisis support telephone, chat or text line
- call or visit a youth counsellor
- call or visit your doctor
- call 911 or go to closest hospital Emergency Room

Why am I sad? (check ✓ what applies to you)

- conflict with parents/sibling/relatives
- problems with friend(s)
- boyfriend/girlfriend problems
- alcohol or drug problems
- worried about school grades/teacher
- being bullied/cyber bullying
- being judged, feeling stupid, feeling worthless
- money problems
- threats or abuse
- traumatic event
- neglect, feeling people don't care
- worried about my health

Other:

Who will I talk to that can support me?

- friend(s)
- parent/relative
- teacher/coach
- counsellor/doctor/psychiatrist

Other:

What things I can think about or do to help myself feel better?

- meet with a friend
- go for a walk
- get something to eat
- watch a funny movie
- play with a pet
- read a good book or magazine
- listen to happy music
- take a relaxing bath or shower
- get some sleep

Other:

The information provided on this card is not intended for diagnostic or treatment purposes.

Please consult with your health care provider.

ANXIETY

Am I anxious? (check ✓ what applies to you)

- rapid heart rate
- sweaty palms
- difficulty breathing
- feeling like I am going to faint
- feeling like I am going to vomit
- stomach pains
- numbness or tingling in hands or around lips

Other:

What am I worried about?

Am I in danger?

If you are in danger, get help from an adult, friend or call 911.

What can I do to feel better?

Relax your breathing and your body.

This will make the symptoms fade and go away.

Panic attacks are uncomfortable but not dangerous

Have I felt like this before? What did I do to feel better?

What would a friend suggest?

What would a parent or adult (relative, teacher, counsellor) suggest?

What is the worst thing that could happen?

How would I handle it?

What is the best thing that could happen?

Who will I talk to that can support me?

- friend(s)
- parent, relative
- teacher, coach
- counsellor, doctor, psychiatrist

Other:

You can get through this. **Ask for help!**



CHILD AND YOUTH MENTAL HEALTH
AND SUBSTANCE USE COLLABORATIVE
Local Action Team