

Caring For Your Child:

Mental Health Promotion & Well-Being Information for Parents & Caregivers

Age	Key Messages	Taking Action	Resources
High School	Keep things balanced	<ul style="list-style-type: none"> Physically: sleep, nutrition, exercise, “me-time.” Socially and emotionally. Academically. Extra-curricular/work life. 	<p>Mental Health:</p> <ul style="list-style-type: none"> Family doctor Contact your school counsellor Kelty Mental Health Resource Centre Toll Free information line 1-800-665-1822 <p>Websites:</p> <ul style="list-style-type: none"> School District #23: sd23.bc.ca The Force theforce.ca Kelty Mental Health keltymentalhealth.ca Teen Mental Health teenmentalhealth.org Anxiety BC anxietyBC.com caringforkids.cps.ca <p>• Transition Resource: What’s Next Booklet available at all High Schools</p>
	Know when to step in and when to step back	<ul style="list-style-type: none"> Note significant changes in behavior, relationships and attitudes. Have the difficult conversations with your child; seek support. Loosen the boundaries: transition towards independence through increased responsibility. 	
High School Transitioning to Adulthood	<p>Build healthy relationships for transition to independence</p> <p>Continue to be a lifeline and link to support for your teenager</p>	<ul style="list-style-type: none"> Ensure that your child knows how to find health and wellness community resources in new settings. Continue to know when to step in and when to step back. Celebrate their successes. Don’t sweat the small stuff; be more concerned with overall wellness. 	

Cultural Awareness and Aboriginal Health

It is important to recognize and honour Aboriginal cultural differences in order to foster a sense of belonging, pride and well-being amongst Aboriginal children and youth. Aboriginal families can make connections to culture, language, and traditions, by linking with any of the following programs and services:

- **Westbank First Nation Community Services** 1900 Quail Lane, West Kelowna 250-768-0227
- **Ki’Low’Na Friendship Society** 442 Leon Avenue, Kelowna 250-763-4905
- **Metis Community Services Society of BC** 2949 Pandosy Street, Kelowna 250-868-0351
- **BC Aboriginal Child Care Society** <http://www.acc-society.bc.ca>

All organizations listed welcome Aboriginal families, children, and youth from any background.

Did You Know?

Family meals remain one of the few ways to meaningfully connect with (and keep tabs on!) your increasingly independent teenager. Maintain the habit so that your teen knows this is a routine and rewarding time for them to be with you. Let them know they matter – adjust mealtimes if necessary, and occasionally give them cooking duties to reinforce skills and responsibilities they will soon be dependent on.

For the full range of community services, supports and events, see Kelowna Community Resources:

www.kcr.ca

Concerned about your child’s mental health? Contact Child and Youth Mental Health Services:

(250) 861-7301

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