



A Few Resources & Information to get you started...

Mental health resources and supports:

- www.teenmentalhealth.org teen brain, development, sleep, behaviour, mental health supports
- www.heretohelp.bc.ca – mental health, substance fact sheets, tips & links to excellent Canadian sites [Understanding Substance Use](#), [Helping People Who Use Substances](#)
- <https://www2.gov.bc.ca/gov/content/erase> expect respect & a safe education. BC Ministry of Education website on MH and SU
- <https://foundrybc.ca/> – health and wellness resources, services and supports – online and through integrated service centres in seven communities across BC.
- www.camh.ca – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use. Check out “evaluate your drinking” quiz
- www.keltymentalhealth.ca – BC’s Mental Health Resource Centre offering support from professionals, parent peer support, educational events, resources and information & links to excellent Canadian sites

Substances, Society, and Interactive Resources:

- www.mcs.bc.ca – The McCreary Centre Society researches and publishes the Adolescent Health Survey (AHS) (with provincial government, public health system, and BC’s school districts). Up-to-date BC stats.
- www.camh.ca – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use. Check out “evaluate your drinking” quiz
- www.drugcocktails.ca – the 200 most commonly prescribed medications for youth and risks associated with alcohol, cannabis and other drug combinations
- <https://www.uvic.ca/research/centres/cisur/> Canadian Institute for Substance Use Research, U Vic.
- <https://myhealth.alberta.ca/alberta/Pages/information-for-young-people.aspx> facts sheets

Online Safety, Gaming, Social Media, and Resources:

- www.cybertip.ca includes a guide on Self/peer exploitation for families developed the Canadian Centre for Child Protection https://needhelpnow.ca/pdfs/SPEX_FamilyGuide_Web_single_en.pdf
- <https://protectkidsonline.ca/app/en/> quizzes, games, guidelines for families
- <https://www.bcresponsiblegambling.ca/sites/default/files/content/brochures/prevention/ParentBooklet-YoungerChild.pdf> Gambling prevention: educational information for parents, youth and adults

Understanding Teen Development:

- www.teenmentalhealth.org teen brain, development, sleep, behaviour and parenting
- Book: *Brainstorm: Power and Purpose of the Teenage Brain*, by Daniel J. Siegel, M.D.

More resources and support through your school’s SACY worker: www.vsb.bc.ca/SACY/contacts

