

COVID-19 Specific Mental Health and Coping Supports		
Resource	Description	Contact
Crisis Centre	Join other youth throughout BC for twice-weekly webinars	Crisis Centre
Kids Help Phone	Kids Help Phone is available 24/7 anywhere in Canada via phone, text, or online chat	KidsHelpPhone During COVID-19 Phone: 1800-668-6868; Text CONNECT to 686868; Live Chat: KidsHelpPhone Live Chat
Child Mind Institute	COVID-19 Family Resource Centre – resources to support caregivers in supporting children	Child Mind Resources to Support Families
Centers for Disease Control	Ways to support yourself and others	CDC - Managing Stress & Anxiety
BC COVID-19 Support & Tools	Online support and self-assessment tool to determine if you may need further assessment or testing for COVID-19	BC Thrive Health
First Nations Health Authority	Current information and resources for BC First Nations people	FNHA COVID-19
Vancouver Coastal Health	The VCH community resource manual provides COVID-19 information and resources for community partners	VCH COVID-19 Community Resources
The Centre for Addiction & Mental Health	CAMH provides information and suggestions on how to best cope during the uncertainty of COVID-19	Center for Addiction & Mental Health Supports
Anxiety Canada	Supports with managing anxiety and worry related to COVID-19	Anxiety Canada and COVID-19
BC Ministry of Mental Health & Addictions	Links and supports available to managing stress	BC Government - Managing Stress Related to COVID-19
CBC Kids News	Video interview with Dr. Henry for kids	CBC Kids News COVID-19 Interview
Foundry BC	Information on accessing supports and resources through FoundryBC, a province-wide network of health and social services for ages 12-19	FoundryBC COVID-19 Supports
Jack.org	Youth leaders and mental health advocates from across Canada	Our Mental Health During COVID-19

Kelty Mental Health	Strategies in talking to children about COVID-19	Talking to Children About COVID-19
Urban Native Youth Association (UNYA)	UNYA has online mindfulness and yoga sessions for youth	Visit UNYA on Facebook



Remote Counselling Supports Home-Based Online Programs for Children, Youth & Adults		
Resource	Description	Contact
Crisis Centre Online Mindfulness Programs for Youth	Attend live ZOOM Webinars or recorded video classes weekly Sessions: Tuesdays & Fridays form 1:30-2:00pm from April 3-29	Mindfulness Webinars & Videos
Anxiety Canada, My Anxiety Plan (MAP)	MAP is a CBT-based resource for caregivers to help mild to moderately anxious children or youth using practical strategies and tools; MAP includes 6 units with 46 lessons	Working through Anxiety
Mindshift App (CBT)	Mindshift uses strategies based on CBT and provides tools to manage worry, panic, perfectionism, social anxiety and phobias	Mindshift App - Find Out More
BounceBack Youth 15+	BounceBack is a free skill-building program designed to help manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online in English or over the phone with a coach in 5 languages.	BounceBack BounceBack Youth Quiz

Supports for Students with Diverse Needs



Resource	Description	Contact
Autism Community Training (ACT)	COVID-19: Supporting families with specialized resources, practical strategies, and ACT's advocacy	ACT Community
Autism Focused Intervention Resources & Modules (AFRIM)	AFIRM's toolkit that includes 7 strategies to support individuals with ASD through uncertain times	AFIRM COVID-19 Toolkit
ADDitude ADHD Webinars	Webinars available for replay and download or register for upcoming sessions. Webinars are for parents, adults, and school & learning.	Additude Webinars
UNC Frank Porter Graham Child Development Institute	Online toolkit for those supporting individuals with Autism during the COVID-19 pandemic	Supporting Individuals with Autism (pdf)
Teaching Tolerance: A Trauma Informed Approach	Experts from the National Child Traumatic Stress Network share their recommendations	Trauma Informed Approach to COVID-19
Autism Speaks	Covid-19-specific resources and information for families including how to talk about tragedy (for children with ASD) and resource kits	Autism Speaks - COVID-19 Resources
PosAbilities	PosAbilities provides information about COVID-19, virtual things to do, and wellness resources. They specialize in supporting people with developmental disabilities with life's transitions	PosAbilities Covid-19 Resources

Community Supports		
Resource	Description	Contact
Child & Youth Mental Health (CYMH)	Mental health programs & services to those served by Vancouver Coastal Health Please phone for a virtual intake appointment: Northeast: Monday & Wednesday 9:00am– 5:00pm Pacific Spirit: Tuesday & Thursday 9:00am -5:00pm	CYMH and VCH Services Northeast: (604) 675-3896 Pacific Spirit: (604) 267-3970
Youth Clinics	All Youth Clinics are currently closed; limited essential services for youth needing sexual health care is available - leave a message at 778-871-7132 as staff are monitoring this phone line Monday-Friday 9am-5pm	Youth Health Information
Child & Adolescent Response Team (CART)	CART provides urgent response, short-term mental health service to children and youth experiencing acute psychiatric or emotional crises	604-874-2300
Aboriginal Wellness	Resources and links to community supports	Aboriginal Wellness
Kelty Mental Health	Supporting youth and families navigating the mental health system and connecting them to resources and tools	Kelty Mental Health
Ministry of Children and Families (MCFD)	MCFD supports children, youth and families with a variety of services	MCFD Information & Contacts 604-660-4927
Vancouver Aboriginal Child and Family Services Society (VACFSS)	VACFSS supports Indigenous children, youth and families in the Vancouver region by providing restorative, holistic and culturally grounded family services.	778-331-4500
Dan's Legacy	Indigenous and non-Indigenous programs and supports remain available for youth with some changes due to COVID-19; counselling, Haven Dinner, and the Food Bank are all still operating; fitness gym is on temporary hold	email directly for support: tom@danslegacy.com Dan's Legacy
Aunt Leah's	Aunt Leah's will continue to provide supports for youth and young moms including counselling and emergency food	Aunt Leah's COVID-19 Updates

Parent-Teen Mediation	Parent-Teen Mediation is currently providing phone and digital meetings to clients as the office is temporarily closed	For information, please contact Shabniz Kurji: skurji@fsgv.ca
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Supports for Caregivers		
Resource	Description	Contact
Crisis Centre	Attend live ZOOM Webinars Wednesdays live from 12pm-1pm starting April 1 until May 6; Recorded video classes weekly available anytime	Crisis Centre Programming
Substance Use Services	VCH Services and Information	Substance Use Services
Kelty's Keys	Kelty's Keys is a VCH Online Therapy service. It is free and available to anyone who lives within the VCH area	Kelty's Keys Online
Here to Help	Here to Help helps to find quality mental health and substance use information and key resources in BC	Here to Help BC
MindHealth BC	MindHealthBC was developed by Vancouver Coastal Health and Provincial Health Care and provides available resources in your community	MindHealthBC
VictimLinkBC	VictimLinkBC is a toll-free, confidential, multilingual telephone service across BC 24/7. It provides information on and referral services for all victims of crime or those needing support	VictimLinkBC 1-800-563-0808
COVID-19 Provincial Support and Information	BC Government Provincial Supports and Information on: Essential Services, COVID-19 Self-Assessment Tools, Child Care, Education, Employment and Finances, Businesses, Housing and Monthly Bills, Transportation, Travel, Reduced Services, Health Care, and Being Prepared	BC Provincial Response to COVID-19
Canadian Mental Health Association	The CMHA has helpful information and strategies for adults to help manage the anxiety around COVID-19	CMHA Managing Anxiety COVID-19

University of Toronto, Department of Psychology	U of T is offering a free course: Mind Control: Managing Your Mental Health During COVID-19	UofT: Managing Mental Health
National Association of School Psychologists	Helping children cope with the changes resulting from COVID-19	NASP Coping During COVID-19
Child Trends National Research	Guidance, recommendations, and resources for supporting children’s emotional well-being during the COVID-19 Pandemic	Supporting Emotional Well-Being

Food and Nutrition Programs

Resource	Location	Description	More Information
Food Bank	Various	No cost food (bring ID)	Food Bank Locations
Broadway Youth Resource Centre	2455 Fraser St.	Food kits to-go between 9am-5pm daily	Visit BYRC on Facebook
City Reach	2650 Slocan St.	Pre-made food bags; first come, first serve Tuesdays 5pm & Thursdays 9am	CityReach Meal Program
Directions	1138 Burrard St.	Snacks available 24hrs; Dinner served at 8pm	Directions Youth Services
DTES Neighbourhood House	573 East Hastings St.	To-Go meals only being served on Mondays, Tuesdays, Wednesdays at 10am; Lunch on Wednesdays at noon; harm reduction supplies available	DTES Neighbourhood House
The Gathering Place	609 Helmcken St.	Open 9am-8pm for breakfast, lunch and dinner	The Gathering Place
Union Gospel Mission	601 East Hastings	Hot lunch at 11am and dinner at 6:30pm served from the door	Union Gospel Mission Meal Programs
First United	542 East Hastings St.	Hot lunch to-go at 12:00 served at the door; Harm reduction supplies available at the door	First United Meal Programs

Kiwassa	604-254-5401	Food hamper deliveries for Hastings-Sunrise neighbourhood on Tuesdays and Fridays	Kiwassa Food Program
Dinner Devils	Various	Dinner Devils is a webpage that lists restaurants providing free and discounted meals and food	Dinner Devils Free Food List

Employment Insurance, Housing, Rental, Phone, Internet & Other Supports

Resource	Description	Contact
ICBC	Changes to services and contacts for ICBC	ICBC Changes Related to COVID
Employment Insurance, Government of Canada	Services Canada updates and changes in response to COVID-19	Employment Insurance Employment Insurance Application
BC Emergency Supplement	Provincial financial supports in response to COVID-19	BC Government Emergency Supplement
BC Hydro	BC Hydro's 'Customer Assistance Program' help those experiencing financial hardships as a result of COVID-19	BC Hydro Customer Assistance Program
BC Renters Support	Support for renters & landlords; up to \$500/month; rent freezes/eviction halts	BC Renters and Landlord Support
City of Vancouver Services	Updated daily – list of emergency food, shelter, hand washing stations, and supervised injection sites	City of Vancouver Emergency Supports Map
Vancouver Rent Bank	VRB offers short-term funding for families in Vancouver for housing and utilities	Vancouver Rent Bank
Housing and Shelter for Youth	Directions Youth Haven & Safehouse are confidential emergency shelter homes for youth in crisis	Haven and Safehouse Youth Services

Covenant House BC	Covenant House provides food and shelter for homeless youth; call or visit in person at 1302 Seymour Street	Covenant House BC 604-685-7474
Connecting Families Internet Access - Government of Canada	Internet for \$10/month for families receiving the maximum Canada Child Benefit and have received a letter from the Government of Canada	Internet Access for Families GofC
TELUS \$10	\$10/month internet for families receiving the maximum Canada Child Benefit and have a net income equal to or less than \$31,120. A low-cost refurbished laptop (\$120) also available	Telus Internet Plan
TELUS	\$0 plans for youth aged out of foster care (aged 19-26). \$0/month talk/text/data plans; Youth can download a letter to have signed by their social/youth worker and apply here	Telus Youth in Care Plan
SHAW GO WiFi	Shaw has opened up Shaw Go WiFi to everybody. Look for the 'Shaw Go' network on your device and connect without a login/Shaw ID	Shaw Free WiFi for Everyone

VCH Vancouver Child and Youth Mental Health & Substance Use (CYMHSU)

Youth Substance Use Services Response Plan for COVID-19

Please read the updated information below and do not hesitate to call the Youth Central Addictions Intake Team (CAIT) for any questions or concerns you may have. Services for youths 13 to 24 years of age are as follows:

Youth Intensive Case Management Team

1669 E Broadway
Phone: 604-675-2455 option 2
Days and hours:
Providing services 7 days/week 9:00am to 7:00pm

CAIT

1669 E Broadway
Phone: 604-675-2455 option 2
Cell phone: 604-209-3705
Days/Hours: Saturday to Thursday
10:00-20:00, Friday: 10:00-17:00

Residential Substance Use Services

Please contact the CAIT team for more information and referral package
Phone: 604-675-2455 option 2
Cell phone: 604-209-3705

Youth and Young Adult Counsellors

Various locations
Monday to Friday: 9:00am to 17:00
Contact the Centralized Addiction Intake Team (CAIT) at 604-209-3705

Please Note:

- In order to minimize risk during the COVID19 Pandemic, we will be providing mostly remote care (e.g. Zoom or phone). On an as needed basis, however, outreach meetings can be arranged.

SACY and LRP can be accessed though CAIT at

604-209-3705



VCH Vancouver Child and Youth Mental Health & Substance Use (CYMHSU)

Remote Intake Clinics and Specialized Programs Response Plan for COVID-19

Due to the current COVID19 Pandemic, CYMHSU operations are being modified with new Remote Intake times being offered. Remote services (e.g. Zoom or phone) are available for ages 6 to 18 out of the following Vancouver CYMHSU locations. **Please call for details at:**

Northeast

355-2750 E. Hastings St.
Phone: 604-675-3895; Fax: 604-675-3909
Days/Hours:
REMOTE APPOINTMENTS SCHEDULED MONDAY & WEDNESDAY:
9:00am to 3:30pm

Pacific Spirit

2110 W. 43rd Ave., 3rd Floor
Phone: 604-267-3970; Fax: 604-675-3909
Days/Hours:
REMOTE APPOINTMENTS SCHEDULED TUESDAY & THURSDAY:
9:00am to 3:30pm

Raven Song

2450 Ontario St. 3rd Floor
Phone: 604-872-8441
Fax: 604-675-3909

NO REMOTE INTAKES OCCURING OUT OF THIS LOCATION

West End

101-1128 Hornby St.
Phone: 604-331-8908
Fax: 604-675-3909

NO REMOTE INTAKES OCCURING OUT OF THIS LOCATION

Please Note Intake appointments will be conducted remotely.

Alan Cashmore Centre Infant Mental Health (0-5 years old)
(604) 675-3996 Intake by appointment only

Child and Adolescent Response Team (CART)
(604) 874-2300 Appointment Required

Youth Outreach
Call office directly at **604-688-0551** or fax referral to 604-688-0553

