






Mental Wellness Resources for Children, Youth and Families

Information on mental health, helpful phone contacts/chat lines, games and activities to promote mental wellness.

FREE APPS	NEED TO TALK?	LEARN MORE
 <p>Booster Buddy</p>	<p>Canadian Indian Residential Schools Crisis Line 1-866-925-4419</p>	<p>Anxietybc.com</p>
 <p>Happify</p>	<p>Crisis Services Canada 1-833-456-4566, or text 45645</p>	<p>CMHA.ca</p>
 <p>Healthy Minds</p>	<p>First Nations and Inuit Hope for Wellness 24/7 Help Line 1-855-242-3310</p>	<p>Foundrybc.ca</p>
 <p>Mental Workout</p>	<p>Kids Help Line 1-800-668-6868 www.kidshelpphone.ca</p>	<p>Healthlinkbc.ca</p>
 <p>Mind Shift</p>	<p>KUU-US 24 Hour Crisis Line for Adults/Elders & Youth Adults/Elders (250-723-4050) Child/Youth (250-723-2040) Toll Free Line (1-800-588-8717)</p>	<p>Heretohelp.bc.ca</p>
	<p>Healthlink BC: 8-1-1</p>	<p>Keltymentalhealth.ca</p>
	<p>Mental Health Info Line: 1-800-661-2121</p>	<p>Mindyourmind.ca</p>
	<p>Suicide Hotline: 1-800-SUICIDE (1-800-784-2433)</p>	<p>The Lifeline</p>
	<p>Trans LifeLine – All Ages 1-877-330-6366</p>	