

## **RESOURCES FOR TEENS**

### **EMERGENCY SAFETY RESOURCES**

**Services below are available 24/7 via phone, text or online chat in all provinces and territories. Both are free, anonymous and confidential.**

- **Kids Help Phone:**

Counselling services for mental health, relationships, bullying and much more for those aged 5 to 20.

Phone: 1-800-668-6868

Text: text “CONNECT” to 686868

Chat: <https://kidshelpphone.ca/live-chat/>

- **Crisis Services Canada:**

Support for all ages for anyone thinking about, is or has been affected by suicide.

Phone: 1-866-996-0991

Text: 45645

### **ONLINE RESOURCES**

- **E-couch** <https://ecouch.anu.edu.au>

A self-help interactive program with modules for depression, anxiety and worry, relationship breakdown, loss and grief and much more. It is free of charge and anonymous.

- **Mind Your Mind** [www.mindyourmind.ca](http://www.mindyourmind.ca)

A site for youth by youth that provides information, resources and tools to help youth manage stress, crisis and mental health issues. Youth share what they experience and what they know through this site.

- **Mood Gym** <https://moodgym.com.au/>

An interactive site that helps people to identify if they are having problems with emotions like anxiety and depression, and to learn skills that can help them cope with these emotions. It is available with a paid subscription.

- **SPARX** <https://www.sparx.org.nz/about>

An app that helps young people with mild to moderate depression. It is based on a type of ‘talk therapy’ called Cognitive Behavioural Therapy (CBT) that teaches skills about how to cope with negative thoughts and feelings by helping people to think in a more balanced and helpful way, and do things that are enjoyable or give a sense of achievement. It is available free-of-charge on the App Store and Google Play.

- **Mind Shift**

An app designed to help teens and young adults cope with anxiety. It can help change how people think about anxiety – rather than trying to avoid anxiety, making an important shift and facing it. This app is available free-of-charge on the App Store and Google Play.

- **Breathing Room** <https://breathingroom.me/>

An app available for \$4.99 through iTunes or Google Play. Designed for youth and young adults “who are feeling stressed, depressed, overwhelmed, or stuck”, it is supported by multiple not-for-profit organizations across Canada. There are 8 modules which each take about 2 to 3 hours which can be spread out over the week.

- **Head Space** <https://www.headspace.com>

A free mindfulness meditation app available through Apple or Google Play.

### **Additional Local Sources That I Recommend:**

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## **RESOURCES FOR PARENTS**

### **Canadian Mental Health Association**

- Nationwide access to the resources that help to maintain and improve mental health. Information on mental health is available at: <https://www.camh.ca/en/health-info>
- CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families. Find a branch close to you at: <https://cmha.ca/find-your-cmha>

### **Centre for Addiction and Mental Health** <https://www.camh.ca/en/health-info>

- A wealth of knowledge and practical information on dealing with questions and concerns about mental illness and addiction.

### **eMentalHealth.ca** <https://www.ementalhealth.ca>

- Mental Health Help (directory of mental health services and organizations).
- Information about a variety of mental health conditions and topics.
- Screening Tools: Find out if a loved one has a mental health concern with a free, online screening tool.
- Events Calendar: Information about local mental health events.
- News Feed: Information about the latest mental health news.
- Research directory: Information about local research studies.

### **TeenMentalHealth.org** <http://teenmentalhealth.org/care/parents/>

- Information, resources and tools for youth and their friends, parents, teachers and healthcare professionals – all created to help better address adolescent mental health problems.

