

# Child & Youth Mental Health Resources

**Research shows that 15 - 20% of children and youth have mental health disorders.**

It can be easier to recognize and treat symptoms of physical illness, such as a fever, than identify and support a child's struggle with mental health issues. Learning about mental health issues and accessing appropriate resources can help you help a child experiencing significant distress and impairing their functioning at home, at school, with peers or in the community.

## **Why is early diagnosis and treatment important?**

Early diagnosis and treatment for a mental health disorder is essential to ensuring better long-term health of your child. By not taking this step, a child can suffer unnecessarily.

## **What do I do if I think my child is having mental health challenges?**

- Families have a central and essential role when it comes to achieving the best possible health outcomes for their children.
- Pediatricians (available upon referral), and family physicians can be excellent resources for children and families when attempting to navigate the array of mental health services available from community to community within BC.

## **Resources for Supporting First Nations Children & Youth**

**Jordan's Principle** is a federal program to ensure all First Nations children can access the products, services, and supports they need, when they need them. It can help with a wide range of health, social, and educational needs. [This program](#) applies to supports and services for First Nations youth age 19 or younger.

## **Resources for Supporting Children and Youth with Mental Health Disorders**

- [Pathways searchable database of community services](#), [Treatment Access BC](#), and the [Foundry searchable database of community resources](#)

- [Detailed information on Pathways searchable database of community services](#)

## **Resources for Supporting Youth at Risk of Mental Health Disorders**

- [Youth Preparing to Leave Government Care](#)

## **Resources for Supporting Children and Youth with Disabilities**

- [Resources for Supporting Children and Youth with Disabilities](#)

## **Resources for Specific Mental Health Disorders**

### ***Anxiety***

[Anxiety BC- Parent Info](#)  
[Anxiety Canada](#)  
[Kelty Mental Health - Anxiety](#)

### ***Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD)***

[C.H.A.D.D. Vancouver Chapter](#)  
[Canadian ADHD Resource Alliance Centre for ADHD Awareness, Canada](#)  
[ADHD and you](#)  
[CADDRA](#) - a Canadian alliance of medical & healthcare professionals supporting patients with Attention Deficit Hyperactivity Disorder (ADHD) and their families  
[HealthLink BC](#)  
[Kelty Mental health - ADHD](#)

<b>Autism Spectrum Disorders and Asperger's</b>	<a href="#">AIDE Canada</a> <a href="#">Autism BC</a> <a href="#">Autism Community Training BC</a> <a href="#">Autism Speaks Canada</a> <a href="#">Autism Spectrum Disorder (ASD), Fetal Alcohol Spectrum Disorder (FASD), and Complex Developmental Behavioural Conditions (CDBC)</a> <a href="#">BC Ministry of Education Special Education Services</a> <a href="#">Canucks Autism Network (CAN)</a> <a href="#">Funding for private autism assessment</a> for children in BC and Yukon - Variety Children's Charity <a href="#">Kelty Mental Health - ASD</a> <a href="#">Pacific Autism Family Centre Society</a> : The PAFC's core purpose is to be a Knowledge Centre bringing together state of the art resources for research, information, learning, assessment, treatment and support; and building capacity to address the lifespan needs of individuals with ASD, and their families across BC. <a href="#">Treating mental health conditions in Autistic individuals</a>
<b>Bipolar Disorder And Conduct Disorder</b>	<a href="#">Healthlink BC</a> <a href="#">Mood Disorders Association of BC</a> <a href="#">Kelty Mental Health - Bipolar Disorder</a> <a href="#">Kelty Mental Health - Behavioural Disorders</a> <a href="#">Care of Children and Youth with Oppositional Defiant Disorder and Conduct Disorder</a>
<b>Blindness</b>	<a href="#">Mental Health and Well-Being Services for Deaf, Hard of Hearing, and Deaf-Blind Persons</a>
<b>Depression</b>	<a href="#">Mood Disorders Association of BC</a> <a href="#">Kelty Mental Health - Depression</a>
<b>Eating Disorders</b>	<a href="#">Looking Glass BC</a> <a href="#">Kelty Mental Health - Eating Disorders</a> <a href="#">Youth with Eating Disorders</a>
<b>Hearing</b>	<a href="#">Mental Health and Well-Being Services for Deaf, Hard of Hearing, and Deaf-Blind Persons</a>
<b>Obsessive-Compulsive Disorder</b>	<a href="#">Here To Help</a> <a href="#">Kelty Mental Health - OCD</a>
<b>Psychosis</b>	<a href="#">Youth with Psychosis</a>

***Substance Abuse***

[BC Mental Health and Substance Use Services](#)  
[Centre for Applied Research in Mental Health and Addiction \(CARMHA\)](#)  
[Centre for Addictions Research of BC \(CARBC\)](#)

***Schizophrenia***

[British Columbia Schizophrenia Society](#)  
[Kelty Mental Health- Schizophrenia](#)

***Tourette Syndrome***

[Tourette Syndrome Foundation of Canada](#)  
[Kelty Mental Health - Tics & Tourette Syndrome](#)