

## RESOURCES

### ANXIETY – CHILDREN AND YOUTH

---

If you have concerns about your child or teen’s mental health, a good first step is to talk with your **family doctor or pediatrician**. You can also check out your local [Child or Youth Mental Health Team](#). Check out the [list of mental health and wellness resources and support in BC](#).

#### A FEW RECOMMENDED RESOURCES:

##### **Anxiety Canada**

<https://www.anxietycanada.com>

This website includes lots of excellent information and self-help resources for managing anxiety. Anxiety Canada has also developed [My Anxiety Plan \(MAP\)](#), which is a free on-line anxiety management course based on CBT strategies for parents wanting to help children and teens cope with anxiety. They also have an anxiety management app called [MindShift CBT](#), which can help children and youth learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.

##### **Partners for Mental Health & Addictions Information**

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

A great website with a wealth of self-help resources for a range of mental health concerns.

##### **Foundry**

[www.foundrybc.ca](http://www.foundrybc.ca)

A teen-friendly website with mental health “check-up” quizzes, self-help tools, and testimonials. The Foundry offers young people ages 12-24 a range of health and wellness resources, services and supports.

##### **BounceBack**

<http://www.bouncebackbc.ca>

BounceBack is a free skill-building program designed to help youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, provides tools to support mental wellness.

##### **Confident Parents: Thriving Kids**

<https://welcome.cmhacptk.ca>

Canadian Mental Health Association of BC has a program designed for parents and caregivers to help support children with anxiety or behavioural issues.

##### **Kelty Resource Centre**

<https://keltymentalhealth.ca>

Great resource for mental health information, resources, and peer support for children, teens and parents, as well as educators.

**KidsHealth**

<https://kidshealth.org>

Search “anxiety” for excellent information on anxiety and strategies for managing for kids, teens, parents and educators.

**Kids Help Phone**

1-800-668-6868

<https://kidshelpphone.ca/>

Kids Help Phone is a 24/7 support service. They provide counselling, information, and referrals, as well as volunteer-led, text-based support to young people. All services are confidential.