



# Growing Healthy Kids

Child & Youth Mental Health and Substance Use  
Resources for Salt Spring Island

Brought to you by the Salt Spring Island Local Action Team as part of the Child and Youth Mental Health and Substance Use Collaborative, funded in partnership by Doctors of BC and the BC Government.



---

## 1 Entry Level Services

- 🏠 Family Physicians
- 🎓 School District—talk to a teacher or counsellor
- 👨‍👩‍👧 Salt Spring Island Child & Youth team  
250-537-9976 or 250-537-9971

You may connect to services differently and that's OK.  
These 3 partners will often help coordinate your care.

4

---

## 2 Local Counselling/Supports




- Child Psychiatrist 🧑‍⚕️
- Art and Play Therapy 🎓 🧑‍⚕️
- Youth alcohol and drug 🧑‍⚕️
- Counselling 🎓 🧑‍⚕️
- Youth Outreach 🧑‍⚕️
- Speech, Physiotherapy, Occupational therapy 🎓
- Child Protection (Ministry of Children and Families)  
24 hour line—1-800-663-9122
- Island Women Against Violence—  
Transition House, Children Who Witness Abuse
- Case management 🧑‍⚕️
- Private counselling services
- Lady Minto Hospital—24/7/365 emergency inpatient care

3

---

### 3 Specialized Outpatient Care

#### Regionally

- Anscomb outpatient provides tertiary level multi-disciplinary mental health assessment/treatment/consultation  
  - Mood Anxiety and Psychosis team
  - Neurodevelopmental team
- Eating Disorder Clinic 
- Mary Manning—abuse counselling

#### Provincially

- The Provincial Health Services Authority provides specialized care at BC Womens and Childrens Hospital
- 

### 4 Specialized Inpatient Care


#### Regionally

- Ledger House
  - Urgent admissions to Special Care Unit
  - Planned admissions to Children & Youth Units
  - Provides stabilization, assessment, intervention and discharge planning

#### Provincially

- The Provincial Health Services Authority provides specialized care at BC Womens & Childrens Hospital
- 

### 5 Safety Services and Other Supports

- Call 911
- Lady Minto Hospital Emergency Room
- Crisis Supports (listed on back)
- Online Tools (listed on back)
- RCMP 
- Public Health—health promotion/prevention
- Ministry of Children and Families Child Protection—1-800-663-9122

## Salt Spring Island Community Services

250-537-9971

[saltspringcommunityservices.ca](http://saltspringcommunityservices.ca)

- Child & youth mental health team
- Youth alcohol and drug
- Art and Play Therapy
- Family development
- Youth and young adult outreach
- Child Psychiatry by referral
- System navigation

---

## School District (SD64)

- Child & youth mental health
- Psychology
- Speech therapy
- Physiotherapy
- Occupational Therapy
- Hearing and vision
- Music therapy
- Educational outreach
- Home/hybrid learning/school program referrals
- Art and Play Therapy
- Counselling

---

## Family Physicians

- Ongoing illness management, support and recovery
- Referrals to:
  - Child & Youth Mental Health team
  - Adult Mental Health team
  - Acute and short-term crisis support

---

## RCMP

- Prevention including Substance Use/  
Anxiety/Depression
- Safety

---

## Island Women Against Violence

- Transition house and crisis hotline, 250-537-0735
- Outreach counselling for women, 250-537-0717
- Stopping the Violence (STV) counselling for women, 250-538-5568
- Children Who Witness Abuse (3–18 years old), 250-538-5569

## Provincial Health Services Authority (PHSA)

- BC Children's & Women's Hospital
- 10 tertiary outpatient units
- ADHD Clinic
- Mood & Anxiety Clinic
- Neurodevelopment Clinic
- Obsessive Compulsive Disorder Clinic
- Eating disorders Clinic
- Metabolic Monitoring Clinic (in and out patient)
- Dialectical Behaviour Clinic and highly injurious, suicidal or personality disorders

---

## Island Health

### Specialized and Crisis Supports

- Emergency Mental Health—after hours and weekends. Includes support for children and youth
- Anscomb specialized outpatient services
- Ledger House specialized inpatient services
- Lady Minto Hospital and Victoria General  
—Vancouver Island Crisis Line

### Adult Mental Health Team

- Mental health nursing and case management
- Psychiatry
- Nurse Practitioner for non-physician connected persons with mental health concerns
- Social Work support for persons living with mental health challenges, seniors needing support or patients in crisis
- Groups for Depression, Anxiety and skills for mindful living

### Public Health

- Provides health promotion and prevention services to children, youth, families and communities on Vancouver Island

---

## Suicide Intervention Toolkits

There is a set of Suicide Intervention Toolkits available for Youth, Parents/Caring Adults and Professionals available. The kits are available in hard copy or online through Salt Spring Island Community Services, School District 64 school counsellors and the Salt Spring Island Chapter of the Rural and Remote Division of Family Practice.

# Technology as a support

## [anxietybc.com](http://anxietybc.com)

Anxiety is a common mental health concern. There are some great strategies for changing the way we think and react in various situations and this website has some tools to guide you through some of these techniques.

## [keltymentalhealth.ca](http://keltymentalhealth.ca)

The Kelty Mental Health Resource Centre has some “Youth in Residence” who are youth “who have experience with mental health challenges, and provide support, navigation, and resources to other youth from across B.C.” Access them for peer support. Monday–Friday, 10 am–5 pm

☎ Phone: 1-800-665-1822  
✉ email: [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca)

## [mindcheck.ca](http://mindcheck.ca)

Information, resources and accessible screening tools related to mental health and substance use for youth and young adults.

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

Information, support and youth-accessible screening tools for mental health, substance use, etc.

## [mindyourmind.ca](http://mindyourmind.ca)

Mental health information, support and resources for youth.

## [forcesociety.com](http://forcesociety.com)

Support for families to work with professionals and systems to understand and meet the mental health needs of families, children and youth.

## [youthspace.ca](http://youthspace.ca)

National online emotional and crisis chat and text for youth under 30.

☎ Chat: [youthspace.ca](http://youthspace.ca) | 6 pm – midnight  
✉ Text: 778-783-0177 | 6 pm – midnight

## [youthinbc.com](http://youthinbc.com)

Crisis service.

☎ Phone: 604-872-3311 | 24/7  
☎ Chat: [youthinBC.com](http://youthinBC.com) | Noon – 1 am

## [calm.com](http://calm.com)

Free and easy online relaxation moments.

## [doyogawithme.com](http://doyogawithme.com)

Free online yoga and meditations for all ages.

## There's an App for that!

### [My3 – Support Network](#)

This is an app created to help you stay safe when you are having thoughts of suicide. It lets you program in your contacts for 3 people in your Circle of Care, as well as access 911 easily. It also helps you create and pull up your customized safety plan in times of need. It is free of charge through Apple App Store or Google Play. You can find more information about it at [my3app.org](http://my3app.org)

### [Mind Shift](#)

Anxiety BC has an app called “Mind Shift” and it is designed to “help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.” It is free of charge through Apple App Store or Google Play. You can find more information about it at [my3app.org](http://my3app.org) or [anxietybc.com/resources/mindshift-app](http://anxietybc.com/resources/mindshift-app)

### [ReachOut](#)

Links to lots of cool apps, as well as a tool called “Take the Quiz” that helps you sort through some of the apps out there to find ones that might be right for you and your goals. Click on “The Toolbox” tab at the top of the page to look at the apps they recommend. [au.reachout.com](http://au.reachout.com)

### [Booster Buddy](#)

A free app for teens and young adults to improve their mental health. A sidekick guides you through daily quests to establish and sustain good habits.

# Going to Lady Minto Hospital for Help

If you, your child, or someone you care about needs help coping with a mental health emergency you can go to Lady Minto Hospital as you would for any other emergency. These are real concerns and the Emergency Room team can help you with them.

Please do not let the following stop you from going to the ER or seeking help:

- Shame
- Being concerned your issue isn't serious enough
- Worrying that if it's not a physical issue it's not an ER issue
- Thinking people will judge or think you're a bad person
- Being concerned others will think you (youth/parent) are not strong enough

If you're not sure you want to go to Emergency, or want to phone, you can call (250) 538-4800. The hospital admitting clerks will answer your call during the weekdays and the nursing station will answer your call during off-hours.

