

Child and Youth COVID-19 Mental Health Resources on the Sunshine Coast

[Child and Youth Mental Health \(CYMH\) – Ministry of Children & Family Development](#) 📞

Local assistance for family stress and dynamics.

Local CYMH staff are available to Sunshine Coast residents to help manage stress and family dynamics during the COVID-19 crisis.

- You will not be 'clients' of CYMH and can receive help as needed

This is not a walk-in service; call your local office to leave your name, phone number, and a description of the issue you need help with. A clinician will call you back. There is no in-person service except in extreme urgent circumstances.

Gibsons
604-886-5525

Sechelt
604-740-8900

Online Resources

[School District 46](#) 🌐

COVID-19 information including mental health resources for the Sunshine Coast.

[Shared Care BC](#) 🌐

Informational PDF for parents to help them manage stress and anxiety in their families during COVID-19.

[Mindcheck \(via Foundry\)](#) 🌐

Excellent site for youth including information, self-checks, tips, apps & tools, resources and stories from other young people on anxiety, depression, stress and more.

[World Health Organization \(PDF\)](#) (via Kelty Mental Health Resource Centre) 🌐

Collection of one-pagers offering parents and caregivers a set of handy tips to support kids at home during COVID-19.

[Foundry BC](#) 🌐

Virtual drop-in counselling sessions by phone, video, or chat for BC's young people ages 12-24 and their caregivers. For more information, email online@foundrybc.ca.