



Child and Youth Medical and Mental Health Resources

- Anxiety – [Managing Anxiety and Stress in Families with Children and Youth](#)
- Anxiety – [Coronavirus Sanity Guide](#)
- Anxiety – [Anxiety Canada](#) provides information for children, youth, and adults including links to video and audio resources
- Autism – [Information about supporting children and youth with Autism](#), when they have anxiety about Covid-19 and are out of school and don't have their usual routine. Here is a [link for a package of specific resources](#) – a very simple example, how to make a timetable for a new daily routine.
- Breathing, Calming, Guided Meditations – [this link](#) is to a curated collection of online meditations, sleep stories, music and more, all hand-picked to support your mental and emotional wellness through this time.
- [MCFD Emergency Services for Children with Special Needs](#)
BC Ministry of Children and Family Development
- [Kids Help Phone](#) – text 686868 or call toll free (1-800-688-6868) 24/7 to reach free support for children and teens
- Mental Health – [Taking Care of your Mental Health \(COVID-19\)](#)
- Mental Health – [MHCC Covid-19 Resources](#) Mental Health Commission of Canada
- Mental Health and Substance Use Support – [Wellness Together Canada](#)
- [TED Connects: Community and Hope](#) during coronavirus
TED Live, daily conversation series with featured experts
- Youth and Young Adults – [Foundry](#) offers young people ages 12-24 confidential health and wellness resources, services, and supports for free via [virtual services](#) and access by phone at 1-833-FØUNDRY (1-833-308-6379).
- [COVID FAQs for Children and Students](#)
- Kelty: Mental Health and Substance Use has introduced a new modality of therapy: [Online therapy](#)