

Additional Resources

At any point of the continuum if safety is a concern, call the RCMP or Nelson City Police at 911

If abuse or neglect is suspected, call *MCFD (Ministry of Children & Family Development) at 1-800-663-9122 or Crisis response team at 1-888-494-3888

CRISIS/HELP PHONE LINES

24 Hr Kids/Youth Help Line:
1-800-668-6868

24 Helpline For Children:
1-800-663-9122

West Kootenay Boundary Regional Crisis line: 1-888-353-2273

Kelty Mental Health Resource Centre:
1-800-665-1822

Youthspace: Support and crisis information/intervention center via text and online chat, e-counselling, online resources.

Text: 778-783-0177 or chat online youthspace.ca

ONLINE RESOURCES

Anxiety BC - anxietybc.com

Mindcheck - mindcheck.ca

Kelty Mental Health - keltymentalhealth.ca

Here To Help - heretohelp.bc.ca

Canadian Mental Health Association - cmha.bc.ca

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FOOD/NUTRITION

Salvation Army Food Bank: 250-352-3488

Nelson Food Cupboard Society: Monday & Wednesday, 9am-1pm 250-354-1633

Our Daily Bread:
Monday to Friday, 9:00am-2:00pm
(Lunch served 12:00pm-1:00pm)
250-352-1722

PHYSICAL RECREATION

Nelson District Community Complex:
250-354-4386

FINANCIAL/LEGAL

Advocacy Centre: 250-352-5777

Service BC - Income Assistance:
1-866-866-0800

Nelson Friends of Family - Assistance with travel costs for treatment:
250-551-5905

HOUSING

Nelson CARES Society: 250-352-6011

BC Housing: bchousing.org

HARM REDUCTION

ANKORS: 250-505-5506, ankors.bc.ca



Child & Youth Mental Health/Substance Use
PATHWAYS TO CARE
Nelson, BC

Find support for your child with mental health and/or substance use needs

SharedCare
Partners for Patients

Kootenay Boundary
Division of Family Practice
A GPSC Initiative

START HERE: FIRST STEPS

Are you concerned about your child's mental wellness and/or substance use?

Consult with your doctor

Contact family doctor OR walk-in medical clinics:

Kootenay Lake Medical
250-352-4666
Ancron Medical Centre
250-352-9144

Consult with your child's teacher

For **Elementary**, contact teacher
For **High School**, contact teacher or the Vice Principal

Consult with community helpers

CYMH - Child and Youth Mental Health (*MCFD)
Walk-in Mental Health Intake Clinic Self-referral, Tuesday & Thursday 9:00 a.m. - 11:00 a.m.
250-354-6480

Freedom Quest
Mental Health/Substance Use Issues 1-877-304-2676
freedomquestyouthservices.ca

EAP - Check with your employer to see if an Employee Assistance Program is available to support your family.

ONGOING CONCERN

Do you need support in your role as a parent with a child with mental health needs and/or substance use?

Inquire about possible referrals with your Doctor:

- Pediatrician
- Child & Youth Mental Health
- Other Community Helpers
- Physical/Occupational Therapy

For ongoing concerns:

Talk to your child's teacher or a person you trust at the school about arranging a school-based team meeting to discuss your child's strengths, and ideas about how to best help your child.

Community helpers might be a CYMH clinician, counsellor, or parenting education supports. CYMH can help direct you to the right helpers and resources.

CYMH - Child and Youth Mental Health Clinicians
Walk-in Mental Health Intake Clinic Self-referral, Tuesday & Thursday 9:00 a.m. - 11:00 a.m.
250-354-6480

Freedom Quest Counsellors
Mental Health/Substance Use 1-877-304-2676

Nelson Community Services
250-352-3504, servicesfyi.ca

ARC: arcprograms.com
250-763-2977

COINS: Aboriginal Services
250-231-4968, coinations.net

INCREASING UNRESOLVED CONCERN

Has your concern turned into an unmanageable or unresolving situation?

At this stage, there are many pathways to consider:

It's important to pull together a care team that could include: doctor, CYMH, school staff, and other community helpers. Also be sure to identify any spiritual or cultural practices you'd like to include in team meetings.

By including your personal circle of family members, friends, elders, religious/spiritual supports, etc. you increase your support system and expand your team with important people in your life. This can be overwhelming to organize so identify a main player to help you coordinate the team and plan meetings with everyone present. Remember, you are the expert in your child's life and the team is there to wraparound you and your child and help figure out the next best steps.

It can be helpful to know that each government, medical, and community service is guided by mandated procedures and this may cause stress and confusion. Ask for all team members to sign an information sharing form so you don't have to keep repeating your story. All helpers need your consent before they can speak with one another.

As a youth/parent/guardian, make sure to ask about all the resources and information available to you - *every door is the right door.*

Most helpful links

familysmart.ca
familysmart.ca/resources/
familysmart.ca/stories/
kootenayfamilyplace.org/kbsearchlight
keltymentalhealth.ca

Possible challenges and tips for success:

- *Wait lists, long assessment times and the number of hoops to jump through
 - ✓ Always follow-up with team members to get up-to-date information regarding wait list times, referral updates, etc.
- *Changing programs
 - ✓ Ask for a new referral to a similar resource
- *Limited access to services, i.e. Child/Youth psychiatrist in a rural area
 - ✓ Consult with your local CYMH office
- *Conflicting schedules
 - ✓ Use easy online tools to schedule meetings
- *Lack of information shared
 - ✓ Ask a team member to take meeting notes with all actions and timelines related to your concerns, ensure these notes are shared with the team

SERIOUS CONCERNS

Has the situation intensified to you being worried about safety and the need for specialized treatment?

At this level if immediate safety is a concern, you can access the Emergency Dept. at your local hospital or contact 911. If it is not an emergency but your concerns have become serious then your doctor or CYMH may make referrals to places/people like:

- BC Children's Hospital
- Child & Youth Psychiatrist
- Adolescent Psychiatric Unit or Detox
- Hospital Based Services

If you do visit the Emergency Department, specific protocols are in place to help you get the help you need from many of the people listed here.

Remember you are not alone!