Child and Youth Mental Health / Substance Use Resources

Child And Youth Mental Health
- Intake drop-in
Wednesdays 9:00am - 12:00pm
Address: 2455 Mansfield Drive
: (250) 334-5820

Kelty Mental Health:
- Parents in residence
9:30am - 5:00pm
keltymentalhealth.ca
: 1(800) 665-1822

THE FORCE
Society for Kids' Mental Health
- peer parenting support
forcesociety.com
: 1(855) 887-8004

John Howard Society North Island
- Youth and Family
Substance Use Services
jhsni.bc.ca
: Courtenay (250) 338-7341

Depression — Anxiety

Interactive Skill Building Tools & Online Resources:

: **DwDonline.ca**

: **OpenMindBC.ca**

: **MindYourMind.ca**

: **Mindshift.ca**

: **Mindcheck.ca**

: **AnxietyBC.com**