

Family Physician's Conversation Guide

for young patients in Keremeos, Princeton and area

CARE CHECKLIST

Discussed with your physician: What is mental health, and what are your specific needs

Discussed with your physician: Basic care to improve your mental health

Mental Hygiene Do

- Exercise
- Sleep
- Consistent Daily Routine
- Positive Social Contact
- Healthy Nutrition
- Music & Movement
- Bright Light
- Avoid Alcohol/Drugs
- Limit Screen Time

Mental Hygiene Don't

- Self-Isolate
- Listen to Dreary Music
- Read Mood-Lowering Literature or Poetry
- Hang Out in Dark Rooms
- Skip Breakfast
- Use Excessive Caffeine or Sugar

Other instructions about basic care:

- _____
- _____
- _____

Discussed with your physician: Online resources

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> anxietybc.com | <input type="checkbox"/> mindcheck.ca | <input type="checkbox"/> youthinbc.com | <input type="checkbox"/> breathr App |
| <input type="checkbox"/> keltymentalhealth.ca | <input type="checkbox"/> openmindbc.ca | <input type="checkbox"/> mikeandvicki.ca | <input type="checkbox"/> headspace App |
| <input type="checkbox"/> teenmentalhealth.org | <input type="checkbox"/> mindyourmind.ca | <input type="checkbox"/> mindshift App | <input type="checkbox"/> boosterbuddy App |

Discussed with your physician: Local resources to visit

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> PRINCETON FAMILY SERVICES SOCIETY
56 Kenley Ave., Princeton
250-295-3126 | <input type="checkbox"/> DESERT SUN
Counselling and Resource Centre
Oliver: 250-498-2538
Osoyoos: 250-495-2623
Stopping the Violence Program
Children who Witness Abuse | <input type="checkbox"/> BOYS & GIRLS CLUB
(Oliver, Osoyoos, OK Falls)
Integrated Family Development Program
(counselling and support)
Referrals: 250-485-2222
Office: 250-498-8844 | <input type="checkbox"/> BounceBackOnline.ca
<input type="checkbox"/> IH CY SUBSTANCE USE INTAKE
Osoyoos Health Centre
250-495-6433
Self-referrals accepted
<input type="checkbox"/> Your School Counsellor
Name: _____ |
|---|--|--|--|

Discussed with your physician: Referrals made on your behalf by your physician

Names: _____

Discussed with your physician: Intake process for Children and Youth Mental Health (MCFD)

- | | |
|--|---|
| <input type="checkbox"/> By walk-in (no appointment necessary)
Walk-in Hours: T,W, Thurs: 1pm -3pm
351-740 Carmi Ave., Penticton | <input type="checkbox"/> Call for appointment time at
351-740 Carmi Ave., Penticton
Phone: 250-487-4422 |
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