

HEALTH WELLNESS FAIR WINSLOW CENTER MAY 15 2018 SD43 Parent Advisory Council 2017-2018

RESOURCES TO HELP YOU ACCESS SERVICES THAT BENEFIT YOU AND YOUR FAMILY

Background: "There's no health without mental health" World Health Organisation 1954

Trauma: deeply distressing and or disturbing experience(s) acquired through the body and the senses

Stigma: (shame, dishonor, humiliation) a mark of disgrace associated with a person or some circumstance

World Health Organization: Did you know the WHO says childhood trauma's the number one world's epidemic increasing a child's vulnerability to develop substance use/mental illness?

Empathy: (acknowledgement, rapport, respect) ability to understand/share the feelings of another

Help: How to Stop Thinking that Accepting Help is a Sign of Weakness: <https://m.wikihow.com/Stop-thinking...>

Here you have a comprehensive list of most resources to access help: mental wellness, education, advocacy

"Just visit web sites and follow prompts or simply call them"

District 43 Parent Advisory Council (DPAC): <https://dpac43.ca> (parent education, advocacy, guidance)

BCCPAC: <https://bccpac.bc.ca>, 604. 474.0524, 1-866. 529.4397, advocacy, student achievement, resources

Are you aware of the 7 partners in BC providing FREE/LOW COST mental wellness services?

Courses, information, seminars, workshops, network, referrals, webinars, resources, counseling

1 Anxiety BC: anxiety, worry, fear, phobia, panic <https://www.anxietybc.com>

2 Pathways Serious Mental Illness Society: pathwayssmi.org great supportive free course 604.926.0856

3 Canada Mental Health Association BC cmha.bc.ca recovery-focused Programs & Services

4 Canadian Institute for Substance Use Research <https://www.uvic.ca/research/centres/cisur/>

"building knowledge for societal change" Canada-wide study on Managed Alcohol Programs

5 Family Smart: help children, youth & families to feel supported & empowered www.familysmart.ca

6 Jessie's Legacy: education, resources, inspiration to prevent eating disorders jessieslegacy.com

7 Mood Disorders Association of BC: treatment, support, hope, education, services www.mdabc.net

Free Online learning A) www.heretohelp.bc.ca; B) <https://learninghub.phsa.ca/courses>

First Nations Health Authority, traditional healing, e-health, healthy living, programs, services www.fnha.ca

Fraser Health Crisis Line (604) 951-8855 <https://www.fraserhealth.ca> Mental health, prenatal, language

Provincial Health Services Authority, specialized health via agencies, services, and programs www.phsa.ca

National Alliance on Mental Health <https://www.nami.org>: education, stigma, advocacy, law, help, network

Canada Government: [on [opioids](#); [tobacco](#)] and [cannabis](#) effect on mental state of youth www.canada.ca;

WEB: kelymentalhealth.ca; mindcheck.ca; optionsforsexualhealth.org; teenmentalhealth.org; openmindbc.ca

ONLINE/textChat: crisiscentre.bc.ca noon-1am; kidshelpphone.ca wed-sun 6pm-2am; youthspace.ca 6pm-12am

APPS: MindShift; Calm; BoosterBuddy; Take a Break!; Optimism; Worry watch; Diary-Mood Tracker

Suicide Line: 1800. 784.2433; Child Online Privacy Protection Act **COPPA** www.ftc.gov/enforcement/rules

Mental Health Support: 604. 310.6789; kids help line: 604. 310.1234; Alcohol/Drugs Info-help: 604 660.9382

EDUCATION RESOURCES, SCHOLARSHIPS, INFORMATION, KNOWLEDGE & Print your child's Curriculum

Ministry of Child & Family Development Social Services Intake Line **1800. 663.9122**

Early Childhood Edu: 604.944.2500; StrongStart & Special Needs Kids: www2.gov.bc.ca; visit: sharesociety.ca

Inclusive education: learningsupports@gov.bc.ca; Public School Employers Asso: www.bcpsea.bc.ca

Transcript Svs bursaries, scholarships www.studenttranscripts.gov.bc.ca; <https://curriculum.gov.bc.ca>

SUMMARY: Anxiety "the most prevalent"; Depression "follows anxiety"; [violent] video game (gadget) addiction "very emergent" (SD43) among children/youth. Have you heard that anxiety among females doubles that to males?; Also, know that males 15 to 24 get hurt in the job 23% more than other population; and those 18 to 24

total 75%of all injuries, WorkSafeBC Rich Hansen Foundation. Find out How to Help your **boy** to NOT get hurt!!
FreeLearning: Lynda.com; Mindtools.com; <http://inpics.net>; learntotype.com; gclearnfree.org; lawdepot.ca

