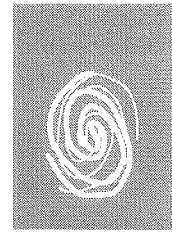


# Resources

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## Websites For Youth

ANXIETY BC – <http://www.anxietybc.com>

BEYOND BLUE – <https://www.beyondblue.org.au>

BROTALK FOR TEEN GUYS – <http://www.brotalk.ca>

DEALING WITH DEPRESSION – <http://dwdonline.ca/>

CANADIAN MENTAL HEALTH ASSOCIATION – <http://www.cmha.ca>

HEALTHY PLACE – <http://www.healthyplace.com>

HELPGUIDE.ORG – <http://www.helpguide.org>

HERE TO HELP – <http://www.heretohelp.bc.ca>

HERE TO HELP – <http://www.heretohelp.bc.ca/factsheet/plainer-language-series>

KELTY MENTAL HEALTH – <http://keltymentalhealth.ca>

KIDS HELP PHONE – <http://kidshelpphone.ca/teens/>

MIND CHECK – <http://www.mindcheck.ca>

MIND YOUR MIND – <http://mindyourmind.ca>

MENTAL HEALTH 4 KIDS – <http://www.mentalhealth4kids.ca>

REACHING IN...REACHING OUT – <http://www.reachinginreachingout.com/index.htm>

REACH OUT. COM – <http://au.reachout.com>

SELF-INJURY OUTREACH AND SUPPORT – <http://sioutreach.org>

TEEN MENTAL HEALTH – <http://teenmentalhealth.org>

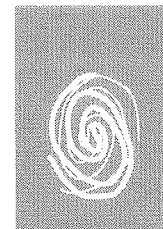
TEENS HEALTH – [http://kidshealth.org/teen/your\\_mind/](http://kidshealth.org/teen/your_mind/)

WALK ALONG – <https://www.walkalong.ca>

YOUTH IN BC – <http://youthinbc.com>

YOUTH BEYOND BLUE – <https://www.youthbeyondblue.com>

YOUTHRIVE – <http://youthrive.ca>



THE CANADIAN ASSOCIATION FOR SUICIDE PREVENTION – CRISIS CENTRES ACROSS CANADA

<http://suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre>

KIDS HELP PHONE – 1-800-668-6868

*If you think someone's life is in danger, call 9-1-1.*

## Wellness Apps - Available on iTunes and Google Play for free

**BOOSTERBUDDY** – A free app designed to help teens and young adults improve their mental health.

**GUIDED MIND** – Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life.

**MINDSHIFT** – MindShift is an Anxiety App and is the work of a joint collaboration between Anxiety BC and BC Mental Health & Addiction Services

**MIND YOUR MOOD** – Co-created with youth and MindYourMind, this is an easy-to-use app that allows youth and young adults to track their moods securely on their phone.

**THINKFULL** – For iPhones only and aimed at older youth and young adults