

# CHILD & YOUTH Mental Health Services

When seeking mental health help for your child, it isn't always easy to find out what's available and where to go. Learning about the vast array of services can seem like an overwhelming task. Providing comprehensive care and support for a child often involves a number of professionals and services. To help you on your journey, we have provided a roadmap of the main sources of help for families.

## Ministry of Children and Family Development (MCFD)

### Child and Youth Mental Health Services

- Psycho-educational testing
- Cognitive behavior therapy
- Other best practices therapies
- Family therapy and education
- Referral to day treatment programs
- Social workers (case managers)
- Maples Adolescent Treatment Centre
- Community services (e.g., in-home support)

Learn more about the mental health services offered by the Ministry of Children and Family Development at [www.mcf.gov.bc.ca/mental\\_health](http://www.mcf.gov.bc.ca/mental_health), or by contacting your local Child and Youth Mental Health Office, listed in the blue pages of your local telephone directory.

## School

### Teachers

- Adapted or modified lesson plans
- Seating alternatives
- Test alternatives
- Homework alternatives
- Oral presentation alternatives
- Silent reading alternatives

### School Counsellor

- Referral to mental health services
- Counselling
- Assessment
- Referral to student support services
- Class or program placement assistance

### Student Support Services

- Program placement
- Assessment and psycho-educational testing
- Referral to mental health services
- Designation for funding
- Assignment of support time

## Doctors

### General Practitioner

- Assessment
- Medication
- Order diagnostic tests
- Referral to specialists
- Blood workup
- Monitoring
- Referral to hospital in-patient units

### Specialists (e.g., psychiatrists, pediatricians)

- Assessment
- Medication
- Order diagnostic tests
- Referral to other specialists
- Blood workup

### Psychologists

- Assessment
- Therapy



MORE HELPFUL RESOURCES 

# CHILD & YOUTH Mental Health Services

## Helpful Resources and Support

### Local Child and Youth Mental Health Offices of the Ministry of Children and Family Development

Find your local office in the online directory at [www.mcf.gov.bc.ca/mental\\_health/pdf/services.pdf](http://www.mcf.gov.bc.ca/mental_health/pdf/services.pdf) or in the blue pages of your local telephone directory. Check out the MCFD mental health site for more resource links at [www.mdf.gov.bc.ca/mental\\_health/links.htm](http://www.mdf.gov.bc.ca/mental_health/links.htm).

### School Support

Contact your child's school and ask for the telephone number of the student support services.

### Youth In BC

A youth oriented website that provides information and support to youth at [www.youthinbc.com](http://www.youthinbc.com) or through their 24-hour phoneline at 1-866-661-3311.

### Early Psychosis Intervention Program

Aims to increase the understanding of psychosis, decrease stigma associated with having this disorder and provide direct treatment. Visit the website at [www.psychosissucks.ca](http://www.psychosissucks.ca) or call 604-538-4278.

### The Crisis Centre

Provides British Columbia crisis line numbers and related links and resources at [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca) or 1-800-784-2433.

### BC Mental Health Information Line

Puts free information about mental health and mental illness at your fingertips. Anyone can use it, 24 hours a day at 604-669-7600 or 1-800-661-2121.

### HeretoHelp.bc.ca Website

The BC Partners for Mental Health and Addictions Information website provides information and toolkits on mental health and substance use problems at [www.HeretoHelp.bc.ca](http://www.HeretoHelp.bc.ca)

### BC NurseLine

provides British Columbians with a 24-hour toll-free access to registered nurses to provide confidential health information and advice on the telephone at 604-215-4700 or toll free at 1-866-215-4700 and for the hearing impaired at 1-866-889-4700.

### The Federation of Invisible Disabilities

Their popular Parent Reference and Resource Kit is available to order from [www.fidsbc.com](http://www.fidsbc.com) or by calling 1-800-549-1999.

### Disability Tax Credit

A tax-free benefit is available for low and modest income families who care for a child under age 18 with a severe and prolonged mental or physical impairment. Forms and information is available from [www.cra-arc.gc.ca/benefits/disability-e.html](http://www.cra-arc.gc.ca/benefits/disability-e.html) or by calling 1-800-387-1193.

## Other Parent Support Information

- **Autism Society of BC** • [www.autismbc.ca](http://www.autismbc.ca) • 1-888-437-0880
- **CHADD** • Children and Adults With Attention Deficit Disorder • [www.chadd.org](http://www.chadd.org) • 604-233-4043
- **FAS/E Support Network of BC** • Fetal Alcohol Syndrome/Effects support network • 604-589-1854
- **SNAP** • Society of Special Needs Adoptive Parents • [www.snap.bc.ca](http://www.snap.bc.ca) • 604-687-3114
- **Tourette Syndrome Foundation** • [www.tourette.ca](http://www.tourette.ca) • 604-732-3594
- **Parents Together** • parents of troubled teens • 604-321-5621
- **Parent Support Services of BC** • parents of children under 12 • [www.parentsupportbc.ca](http://www.parentsupportbc.ca) • 1-800-665-6880
- **Grief to Action** • alcohol/drug problems • [www.fromgriefftoaction.org](http://www.fromgriefftoaction.org) • 604-454-1484
- **Alcohol & Drug Information and Referral Service** • 1-800-663-1441
- **Learning Disabilities Association** • [www.ldac-taac.ca/chapters/bc-e.asp](http://www.ldac-taac.ca/chapters/bc-e.asp) • 604-873-8139

## The F.O.R.C.E.

Families Organized for Recognition and Care Equality  
Society for Kid's Mental Health

