



Appendix H: Patient, Family, and Caregiver Resources

Support for parents and caregivers

- **Confident Parents Thriving Kids:** A telephone-based coaching service for parents proven effective in reducing mild to moderate behavioral problems in children ages 3–12. Offered at no cost to BC parents and caregivers through referral from a family doctor or pediatrician. <https://welcome.cmhacptk.ca/>
- **Public Health Prenatal Registries and Programs:** Pregnant women and girls can be referred to public health as early in pregnancy as possible by phone, fax or on-line as available. **Women can also self-refer.** Public health can offer women with social complexities more intensive follow-up and enhanced support services and will support women to make the healthiest choices possible including accessing community resources. <http://www.perinatalservicesbc.ca/>
- **Nurse-Family Partnership (NFP):** NFP offers support for pregnant women and girls who are having their first baby and are facing disadvantages such as low income. A public health nurse will provide home visits starting in pregnancy and continuing until the baby turns two. Eligible women and girls can be referred to the program through prenatal registries or directly by contacting public health in your health authority. <https://www.nursefamilypartnership.org/>
- **Circle of Security:** Weekly education program for parents and caregivers to improve parent-child attachment. The program assists parents to better understand and respond to their child's needs and improve confidence in parenting skills. Childcare is provided. <https://eastsidefamilyplace.org/programs/circle-of-security/>
- **Raising Resilient Kids:** An online reflective parenting program, designed to strengthen the caregiver-child relationship during the early childhood years (age 0-6). This 8-week group is facilitated by physicians and covered by MSP with a referral from primary care practitioners. Parents and caregivers benefit from psycho-education on children's social-emotional development, and learn essential parenting skills to navigate conflict, normalize distress, and support healthy emotional expression in children. <https://cbtskills.ca/physicians>

Supports for teens and young adults

- **Foundry:** Integrated health and social service centres for young people ages 12-24 including mental health care, substance use services, primary care, social services, and youth and family peer supports. <https://foundrybc.ca/>
- **Kelty:** Helps families across the province navigate the mental health system, connect with peer support, and access resources and tools to support wellbeing. <https://keltymentalhealth.ca/>
- **Compass:** A province-wide service to improve access to evidence-based care for all BC children and youth living with mental health and substance use concerns. <https://www.compassbc.ca/>

Support for adults

- **Bounce Back®:** an evidence-based CBT program designed to assist primary care practitioners in working with patients (ages 15+) experiencing mild to moderate depression or anxiety. Participants learn CBT skills to help them improve problems such as low mood, reduced activity, unhelpful thinking, worry, and avoidance. <https://bouncebackbc.ca/>
- **Ministry of Mental Health and Addictions (MMHA) Service Map:** An interactive map of mental health and substance use services throughout B.C. [Mental Health and Substance Use Service Map – Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov2/health/mental_health/addictions/substance_use/service_map)

Support for Indigenous Patients

- **The KUU-US Crisis Line Society:** provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free from anywhere in BC and can support individuals with mental health issues and crisis related to residential school, child welfare, addiction, health concerns, divorce and separation, suicide ideation and survivorship, grief and loss, crime, abuse, peer pressure and financial distress, etc.: <http://www.kuu-uscrisisline.ca/>
- **Native Youth Crisis Hotline:** Answered by staff 24/7. Available throughout Canada and US: 1-877-209-1266
- **Circle of Eagles Lodge Society:** for counselling and other support services: <https://www.circleofeagles.com/>
- **BC Association of Aboriginal Friendship Centres:** find a local friendship centre and the services they offer: <https://bcaafc.com/>
- **First Nations Health Authority:** [Traditional Wellness and Healing](#)