

RESOURCE GUIDE

INFORMATION SOURCES FOR FAMILIES

Some general suggestions and tips for families are provided from the following sources:

Tools and Skills for Parents and Kids

- Anxiety BC <http://www.anxietybc.com/parent/index.php>
A practical strategies and tools to help you manage your child's anxiety
Phone (604) 525-7566
- Here to Help BC <http://www.heretohelp.bc.ca/skills/supporting-family>
Understand more, learn skills and connect with others.
Toll free 1 800 661-2121 or (604) 669-7600 (Lower Mainland)
- Youth In BC <http://youthinbc.com/learn-more/mental-health>
Resources for youth including self help, chat room and resources
- Centre of Knowledge an Healthy Child Development
http://www.mcf.gov.bc.ca/mental_health/mh_publications/Parent_Info_Bro_BC_Anxiety.pdf
Information on Anxiety Problems in Children and Adolescents, including background information, step-by-step guides, videos and web site references.
- Canadian Pediatric Society Caring for Kids
<http://www.caringforkids.cps.ca/behaviour&parenting/Fears.htm>
- Dealing with depression: Antidepressant skills for teens
http://www.carmha.ca/publications/resources/dwd/DWD_PrintVersion.pdf or phone MCFD at (250) 387-9749 for a printed copy.
- The LowDown <http://www.thelowdown.co.nz/#/home>
Interactive website on depression from the New Zealand Government

Anxiety, Depression and Mental Health Information

- Canadian Mental Health Association, BC Division <http://www.cmha.bc.ca/resources>
or toll free 1 800 555-8222
- FORCE Society for Kids' Mental Health Care <http://www.bckidsmentalhealth.org>
- Mood Disorders Association of BC at <http://www.mdabc.net> or phone (604) 873-0103
- Centre for Addictions Research of BC, University of Victoria. <http://www.carbc.ca>
- Jessie's Hope Society <http://www.jessieshope.org> or phone (604) 466-4877
Promotes positive body image
- Alcohol and Drug Information and Referral Service <http://www.communityinfo.bc.ca/adirs.htm>
or toll free: 1-800-663-1441 or (604) 660-9382 (Lower Mainland)

Ministry of Child and Family Development

- Ministry of Children and Family Development
http://www.mcf.gov.bc.ca/mental_health/index.htm
or toll free 1 877 387-7027 or (250) 387-7027 (Greater Victoria)
- What to expect from community child and youth mental health services
http://www.mcf.gov.bc.ca/mental_health/pdf/what_to_expect_mhservices.pdf
- What to expect from your child's school
http://www.mcf.gov.bc.ca/mental_health/pdf/what_to_expect_school.pdf
- Ministry of CFD general web site http://www.mcf.gov.bc.ca/mental_health/index.htm

General Assistance:

- BC Nurse Line, Dial-A-Dietician Dial **8-1-1**

- BC Ministry of Health Services list of Toll-free Information Lines <http://www.health.gov.bc.ca/cpa/1-800.html>
- BC Health Guide Handbook <http://www.bchealthguide.org>
- BC Ministry of Health Services Guideline Anxiety and Depression in Children and Youth available at <http://www.BCGuidelines.ca>
- BC Primary Health Care web site patient information at <http://www.primaryhealthcarebc.ca>

Book Lists:

- Ministry of Children and Family Development booklist on anxiety available at: http://www.mcf.gov.bc.ca/mental_health/pdf/anxiety.pdf
- Ministry of Children and Family Development booklist on depression available at: http://www.mcf.gov.bc.ca/mental_health/pdf/mood.pdf
- BC Mental Health and Addiction Services online library at: <http://www.bcmhas.ca/Library/default.htm>
- Manassis, K., Keys to parenting your anxious child. 1996 New York: Barron's Educational Series, Inc.
- Rapee, R., editor. Helping your anxious child: a step-by-step guide for parents. Oakland, (CA): New Harbinger Publications; 2000.
- Taming Worry Dragons (purchase or borrow from library)
 - The kid's guide to taming worry dragons. Clark SL, Garland EJ, 2004.
 - Taming worry dragons: A manual for children, parents, and other coaches. Garland EJ, Clark SL, Earle V, 2000.
 - Tools for taming and trapping worry dragons: Children's workbook. Clark S, Earle V, 2008.
 - Worry taming for teens. Garland JE, Clark SL. Earle V, (Illustrator), 2002