



- B** **BELIEVE** when your friends share their difficulties. Believe in them and know it is normal and that there is help.
- E** **EMPATHY** and non-judgmental listening will help your friends feel heard and accepted.
- S** **SUPPORT** and encourage healthy habits, help connect with resources and be there to lend a hand.
- T** **TRUST** in relationships helps friends feel safe to talk about real life situations.

What Youth are Saying about Mental Health

Mental health is not always easy to understand. Sometimes it's confusing and hard to talk about. Many youth experience mental health concerns - its more normal than you'd think. Talking about it with a caring person helps. Just like any other health concern it is important to know some signs and symptoms. It helps when you understand.

- **Mood Changes** like sudden sadness, extreme anger or rapid changes in feelings.
- **Intense Feelings** like extreme excitement, fear, worry or sadness.
- **Behaviour Changes** such as acting out-of-control or being out-of-touch with reality.
- **Difficulty Concentrating** or staying focused on tasks at hand.
- **Unexplained Weight Gain** or weight loss.
- **Physical Symptoms** like frequent headaches, bellyaches, heavy breathing and tiredness.
- **Self Harm** through self inflicted injury (can be either minor or major injuries).
- **Substance Use Problem** - alcohol, illegal substances or misuse of prescription medications.

Self-care ideas for stressful days

Be kind to yourself · Connect with nature · Slow down · Do something you love · Call a friend · Move your body · Listen to music · Write about how you feel · Read a book · Take a moment to breathe · Practice mindfulness · Eat something nourishing · Take a break from technology · Get creative · Find something to be grateful for · Play a sport · Do something kind · Go outside · Celebrate today

Where to Find Supports

Crisis supports |

Kids Help Line | 1-800-668-6868
 Kids Help Phone | Text CONNECT to 686868
 Fraser Health Crisis Line | 604-951-8855
 Short Term Assessment Response Team (START) | 1-844-782-7811
 Mental Health Support Line | 310-6789
 Emergency Mental Health Crisis | 911 - Car 67
 Suicide Prevention Crisis Line | 1-800-784-2433
 Suicide Prevention Education and Counselling (SPEAC) | 604-584-5811
 KUU-US Crisis Reponse Service | 1-800-588-8717
 Canada 211 - #211

Resources |

Kelty Mental Health Resource Centre | www.keltymentalhealth.ca
 Foundry BC | www.foundrybc.ca
 Fraser Health Child and Youth Mental Health | www.fraserhealth.ca
 BC Government Mental Health and Substance Use Supports | www.2gov.bc.ca
 Anxiety Canada | www.anxietycanada.ca
 Canadian Mental Health Association | www.cmha.ca
 Mental Health Commission of Canada | www.mentalhealthcommissionofcanada.ca
 Wellness Together Canada: Mental Health and Substance Use support | www.canada.ca
 BC Association of Clinical Counsellors | www.bc-counsellors.org
 BC Psychological Association | www.psychologists.bc.ca

Child and Youth Mental Health Clinics:

South Surrey White Rock	604-542-3900
Surrey Cloverdale	604-951-5701
Surrey Newton	604-501-3122
Surrey Guildford	604-586-2685
Surrey North	604-951-5960