



FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS

# MENTAL HEALTH

WHAT MENTAL HEALTH SUPPORTS ARE OUT THERE  
FOR YOUTH IN AND FROM CARE DURING COVID-19?

## WHAT WE KNOW

### IF YOU ARE A

- Youth in foster care
- Youth on Independent Living
- Youth on a Youth Agreement
- Youth in a group home or other residential facility

Connect with your social worker. They can help you get set up with Child and Youth Mental Health Services. If you need technology to access virtual mental health services, contact your social worker.

### IF YOU ARE A

- Youth in custody

Mental health supports continue to be provided on site in custody centres to support youth via spiritual care, cultural services and care, art therapy, and addictions services. Virtual meetings for transition planning, release planning, making community cultural connections, and other community connections are done via telephone or virtually when not available in person.

### IF YOU ARE

- Any young person in or from care

**FOUNDRY** is a province-wide network of health and social service centres for young people ages 12-24. They've just launched Virtual Drop-in Counselling services! Visit <https://foundrybc.ca/covid19> for information about the virus and resources if you're struggling with your mental health.

**HERE TO HELP** is a resource to help you find quality information, learn new skills, and connect with key mental health resources in BC. <https://www.heretohelp.bc.ca/>

**YOUTH IN BC** offers free 24/7 crisis counseling line for youth in B.C. with online chat until 1 AM (up to age 20). Call 1-866-872-0113 or visit <http://youthinbc.com/>

**KIDS HELP PHONE** offers professional counselling, information and referrals and volunteer-led, text-based support to young people. There is no age limit to access the Kids Help Phone. Call 1-800-668-6868 or visit <https://kidshelpphone.ca/>

The **KUU-US CRISIS LINE** is available 24/7 to provide support to Indigenous people in BC. For more information visit: <http://www.kuu-uscrisisline.ca>, call 1-800-588-8717 or 250-723-2040 for youth supports.

**HERE2TALK** is available for students 24/7 and connects them with licensed counsellors by phone, online chat, or the app for single, confidential sessions. <https://here2talk.ca/>

**BC COVID-19 MENTAL HEALTH NETWORK** is a group of 25 counselors who have gotten together to offer free, short-term video/phone counselling for folks in BC. Email [bccovidtherapists@gmail.com](mailto:bccovidtherapists@gmail.com)

**BOUNCEBACK®** is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach <https://bouncebackbc.ca/>

### IF YOU ARE A

- Youth on AYA
- Youth leaving care
- Youth who has recently left care

If you need technology to access virtual mental health services, contact your AYA worker or social worker. Contact MCFD 1-800-663-9122 to explore supports or contact your last DAA/MCFD office to talk about your options and what supports might be available.

For more information on MCFD's response to COVID-19 for youth in and from care, visit <https://www2.gov.bc.ca/gov/content/family-social-supports/covid-19-information/youth-young-adults-response-to-covid-19>

## WHAT YOU CAN DO TO HELP TAKE CARE OF YOUR MENTAL HEALTH

**1. TAKE ACTION.** Stay informed with a trusted organization like BC Centre for Disease Control, Government of Canada and the World Health Organization. Help protect people who are more vulnerable to COVID-19 and health care workers by physical distancing.

**2. TAKE CARE OF YOURSELF.** Eat well, find some joyful movement (go for a walk, work out, stretch, whatever you enjoy), get enough sleep and make time for hobbies.

**3. STAY CONNECTED WITH FAMILY AND FRIENDS.** Reach out by phone, text or video call. Simply checking in regularly can make a big difference. Join the Fed Connects Facebook group and our daily Fed Fam Zoom chats from 3-4!

**4. CUT BACK ON THE TIME YOU SPEND ON SOCIAL MEDIA AND THE NEWS.** It's important to stay informed, but limit your time and avoid reading inaccurate sources which can be anxiety-provoking. Try reading or watching your news in the mornings and leaving it for the rest of day.

**5. EXPLORE SELF-MANAGEMENT STRATEGIES** like mindfulness, yoga, meditation, art or exercise to help alleviate anxiety.

**6. KEEP A ROUTINE.** Try not to sleep in too much, get up and shower, get dressed, have breakfast, do some physical activity or whatever a routine looks like for you.

**7. BE NICE TO YOURSELF.** If you want to start a new hobby and deep clean your place, that's great, but it's okay if you don't feel like it. It's also okay to be disappointed, frustrated, angry or scared. This is hard, and it's okay if you're having a hard time.

**8. SEEK EXTRA HELP OR SUPPORT.** Most of us have never experienced a pandemic like this before. It's okay if you need help.