

Stress Management Resources

Resources For Educators

The Psychology Foundation of Canada www.psychologyfoundation.org

Has a range of programs and resources, also available in French, including:

- for teachers: **Kids Have Stress Too!**® for grades 1-3; **Stress Lessons** for grades 4-6 and 7-9 and 9-12
- parenting resources
- StressStrategies.ca is an online stress management skill building tool for adults

Kelty Mental Health Resource Centre keltymentalhealth.ca

BC's information source for children, youth and families dealing with mental health and substance use challenges. The website includes information and resources on stress and mindfulness resources.

Healthy Schools BC www.HealthySchoolsBC.ca

Has a wide variety of information and resources on a number of topics including mental wellness and helpful information about school connectedness.

BC FRIENDS program www.mcf.gov.bc.ca/mental_health/friends.htm

An evidence-based, school-based, anxiety prevention and resiliency program for K through to grade 7, sponsored by the Ministry of Children and Family Development. There's also an online program for parents (<http://www.friendsparentprogram.com/>).

MindUp™ www.mindup.org

Grades K-8. The classroom-based program provides children with emotional and cognitive tools to help them manage emotions and behaviours, reduce stress, sharpen concentration, and increase empathy and optimism.

HeretoHelp www.HeretoHelp.bc.ca

Provincial website of the BC Partners for Mental Health & Addictions Information includes information on stress and the impact of stress as well as information and resources related to overall mental health.

Resources For Children & Youth

Stresslr Stresslr.ca

A free online resource to help children ages 9-11 to learn about stress, understand how they react to stress, and develop healthy strategies to deal with stress.

Breathr App

Introduces the concept of mindfulness and creates an easy access point for those who are new to the practice. Developed at BC Children's Hospital with the help of youth and experts. Available through Google Play and the App Store.

foundrybc.ca

Website designed to help young people in British Columbia check out how they're feeling and quickly connect

to mental health resources and support. Website includes information on stress, a stress check quiz, tips for managing stress & self-care resources. *Note: foundrybc.ca builds on an existing website, mindcheck.ca. All of the same great resources from mindcheck.ca are now available at foundrybc.ca and any visitors to mindcheck.ca will be redirected to foundry.*

HealthyMinds App www.theroyal.ca/mental-health-centre/apps/healthymindsapp/

A problem-solving tool for youth designed to help them deal with emotions and cope with the stresses students encounter both on and off campus. Available through Google Play and the App Store.

Resources for Parents

Kelty Mental Health Resource Centre keltymentalhealth.ca

BC's information source for children, youth and families dealing with mental health and substance use challenges. The website includes information and resources on stress and mindfulness resources.

Healthy Living Toolkit for Families keltymentalhealth.ca/toolkit-families

Includes information, resources, and tools to help children and youth with mental health challenges develop healthy living habits.

Support Services

310 Mental Health Support Line 310-6789 (no area code needed)

Provides short term counseling, referrals and support to clients 24/7.

Kids Help Phone 1-800-668-6868

Free and anonymous 24/7 counselling and information service for young people.

Kelty Mental Health Resource Centre 1-800-665-1822 ▪ <http://keltymentalhealth.ca>

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. Peer support is available from youth and parents, who all have lived experience with mental health challenges, either themselves or in their families.

Starling Minds starlingminds.com

An online, fee-based tool for adults that includes education about mental functioning and how to manage stress, anxiety and depression. *This resource is available free of charge to all BCTF members.*

Youth in BC (604) 872-3311 ▪ 1-866-661-3311 (Lower Mainland & Sunshine Coast) ▪ youthinbc.com

A 24/7 crisis phone line for youth. Online chat available from noon to 1am. Website provides information and resources on youth-related issues.

Contact Information

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