



Growing Healthy Kids

Child & Youth Mental Health and Substance Use
Resources for Salt Spring Island

Brought to you by the Salt Spring Island Local Action Team as part of the Child and Youth Mental Health and Substance Use Collaborative, funded in partnership by Doctors of BC and the BC Government.



1 Entry Level Services

- 🏠 Family Physicians
- 🎓 School District—talk to a teacher or counsellor
- 👤 Salt Spring Island Child & Youth team—250-537-9976

You may connect to services differently and that's OK but these 3 partners will help coordinate your care.

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2 Intake and Assessment

- Child Psychiatrist 👤

3 Local Counselling / Supports

- Art and Play Therapy 🎨 👤
- Youth alcohol and drug 👤
- Counselling 🎓 👤
- Youth Outreach 👤
- Speech, Physiotherapy, Occupational therapy 🎓
- Child Protection (Ministry of Children and Families)—1-800-663-9122
- Island Women Against Violence—
Transition House, Children Who Witness Abuse
- Case management 👤
- Private counselling services




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4 Specialized Outpatient Care

Regionally

- Ansbomb outpatient provides serious and complex psychiatric supports by referral  
 - Mood Anxiety and Psychosis team
 - Neurodevelopmental team
- Eating Disorder Clinic 
- Mary Manning—abuse counselling

Provincially

- The Provincial Health Services Authority provides specialized care at BC Womens and Childrens

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5 Specialized Inpatient Care

Regionally


- Ledger House
 - Urgent admissions to Specialized Care Unit
 - Planned admissions to Children & Youth Units
 - Provides assessment, intervention and discharge planning

Provincially

- The Provincial Health Services Authority provides specialized care at BC Womens & Childrens

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6 Safety Services and Other Supports

- Call 911
- Lady Minto Hospital Emergency Room
- Crisis Supports (listed on back)
- Online Tools (listed on back)
- RCMP 
- Public Health—health promotion / prevention
- Ministry of Children and Families Child Protection

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Salt Spring Island Community Services

250-537-9971

saltspringcommunityservices.ca

- Child & youth mental health team
- Youth alcohol and drug
- Art and Play Therapy
- Family development
- Youth and young adult outreach
- Child Psychiatry by referral
- System navigation

School District (SD64)

- Child & youth mental health
- Psychology
- Speech therapy
- Physiotherapy
- Occupational Therapy
- Hearing and vision
- Music therapy
- Educational outreach
- Home/hybrid learning/school program referrals
- Art and Play Therapy
- Counselling

Family Physicians

- Ongoing illness management, support and recovery
- Referrals to:
 - Child & Youth Mental Health team
 - Adult Mental Health team
 - Acute and short-term crisis support

RCMP

- Prevention including Substance Use / Anxiety / Depression
- Safety

Provincial Health Services Authority (PHSA)

- BC Children's & Women's
- 10 tertiary outpatient units
- ADHD Clinic
- Mood & Anxiety Clinic
- Neurodevelopment Clinic
- Obsessive Compulsive Disorder Clinic
- Eating disorders Clinic
- Metabolic Monitoring Clinic (in and out patient)
- Dialectical Behaviour Clinic and highly injurious, suicidal or personality disorders

Island Health

Specialized and Crisis Supports

- Emergency Mental Health—after hours and weekends. Includes support for children and youth
- Anscomb specialized outpatient services
- Ledger House specialized inpatient services
- Lady Minto Hospital and Victoria General—Vancouver Island Crisis Line

Adult Mental Health team

- Mental health nursing and case management
- Psychiatry
- Nurse Practitioner for non-physician connected persons with mental health concerns
- Social Work support for persons living with mental health challenges, seniors needing support or patients in crisis
- Groups for Depression, Anxiety and skills for mindful living

Public Health

- Provides health promotion and prevention services to children, youth, families and communities on Vancouver Island

Island Women Against Violence

- Psycho-ed counselling
- Transition house and crisis hotline
- Outreach and Stopping the Violence (STV) counselling for women
- Children Who Witness Abuse

As you or your child work to get better you may meet a lot of different people and services... Some journeys might look a bit like this...



Something doesn't feel quite right

- Maybe your child is sad, anxious or acting out.



School

- Many parents start by talking to teachers and counsellors.
- SD64 has a number of supports and may also refer you to the Child & Youth Metal Health Team.



Your GP

- It's important to make sure your doctor knows what's happening so they can care for the whole family.



Share Care with Consent



Salt Spring Island Community Services, Child & Youth Team

- The team will do an assessment and link you with the services needed. That could include counselling, a referral to a Child Psychiatrist or a referral to more specialized services.



Child & Youth Psychiatrist

- The Psychiatrist can assess to help you understand what's happening and there may be one session or many.



Specialized Services if needed

- Some people benefit from additional services. Your team can help you understand what is being offered.



Key Parts of your care team to keep informed

- Your family physician
- Your child's school
- Your child's counsellor

Technology as a support

anxietybc.com

Anxiety is a common mental health concern. There are some great strategies for changing the way we think and react in various situations and this website has some tools to guide you through some of these techniques.

keltymentalhealth.ca

The Kelty Mental Health Resource Centre has some “Youth in Residence” who are youth “who have experience with mental health challenges, and provide support, navigation, and resources to other youth from across B.C.” Access them for peer support. Monday–Friday, 10 am–5 pm

📞 Phone: 1-800-665-1822
✉️ email: keltycentre@cw.bc.ca

mindcheck.ca

Information, resources and accessible screening tools related to mental health and substance use for youth and young adults.

heretohelp.bc.ca

Information, support and youth-accessible screening tools for mental health, substance use, etc.

mindyourmind.ca

Mental health information, support and resources for youth.

forcesociety.com

Support for families to work with professionals and systems to understand and meet the mental health needs of families, children and youth.

youthspace.ca

National online emotional and crisis chat and text for youth under 30.

🗨️ Chat: youthspace.ca | 6 pm – midnight
📱 Text: 778-783-0177 | 6 pm – midnight

youthinbc.com

Crisis service.

📞 Phone: 604-872-3311 | 24/7
🗨️ Chat: youthinBC.com | Noon – 1 am

calm.com

Free and easy online relaxation moments.

doyogawithme.com

Free online yoga and meditations for all ages.

There's an App for that!

[My3 – Support Network](#)

This is an app created to help you stay safe when you are having thoughts of suicide. It lets you program in your contacts for 3 people in your Circle of Care, as well as access 911 easily. It also helps you create and pull up your customized safety plan in times of need. It is free of charge through Apple App Store or Google Play. You can find more information about it at my3app.org

[Mind Shift](#)

Anxiety BC has an app called “Mind Shift” and it is designed to “help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.” It is free of charge through Apple App Store or Google Play. You can find more information about it at my3app.org or anxietybc.com/resources/mindshift-app

[ReachOut](#)

Links to lots of cool apps, as well as a tool called “Take the Quiz” that helps you sort through some of the apps out there to find ones that might be right for you and your goals. Click on “The Toolbox” tab at the top of the page to look at the apps they recommend. au.reachout.com

[Booster Buddy](#)

A free app for teens and young adults to improve their mental health. A sidekick guides you through daily guests to establish and sustain good habits.