

## What are Child and Youth Mental Health (CYMH) services?

CYMH offers culturally responsive, inclusive, and family-centred services for Indigenous and non-Indigenous children and youth with mental health and wellness needs that impact their daily life. Services are time-limited based on need.



### Crisis Centre

For 24/7 support call the mental health support line at 310-6789 (no area code required) from anywhere in B.C.

If you feel unsafe or have already done something to hurt yourself, please call 9-1-1 or immediately go to your nearest emergency or urgent care department.



If your concerns get worse, please contact your local CYMH clinic  
**Monday – Friday | 9:00 a.m. – 4:00 p.m.\***

\*Some clinics may close between noon – 1:00 p.m. for lunch. Please check your local CYMH clinic for exact hours.

If you need support outside of clinic hours, please connect with one of the following supports:

### BC 24/7 Crisis Line

24/7 phone line: 1-800-SUICIDE (1-800-784-2433)  
Website: [crisiscentre.bc.ca](http://crisiscentre.bc.ca)

### KUU-US Crisis Line (Support for Indigenous Peoples)

24/7 phone line: 1-800-588-8717  
Website: [kuu-uscrisisline.com](http://kuu-uscrisisline.com)

### Youthspace (6:00 p.m. – 12:00 a.m. PST)

IM: [youthspace.ca](https://youthspace.ca)  
Text: 778-783-0177

### Kids Help Phone

IM: [kidshelpphone.ca](https://kidshelpphone.ca)  
Text: CONNECT to 686868  
24/7 phone Line: 1-800-784-2433

## Additional helpful resources and support

### FamilySmart Parents/Youth Peer Support

Includes people with first hand experience in accessing CYMH, who can provide support and system navigation, by phone, video chat or in-person, without a waitlist.

Website: [familysmart.ca/parent-peer-support](http://familysmart.ca/parent-peer-support)

### Foundry BC

Provides a variety of health (including mental health) services for young people ages 12-24, virtually and through walk-in.

Website: [foundrybc.ca](http://foundrybc.ca) and [foundrybc.ca/virtual](http://foundrybc.ca/virtual)

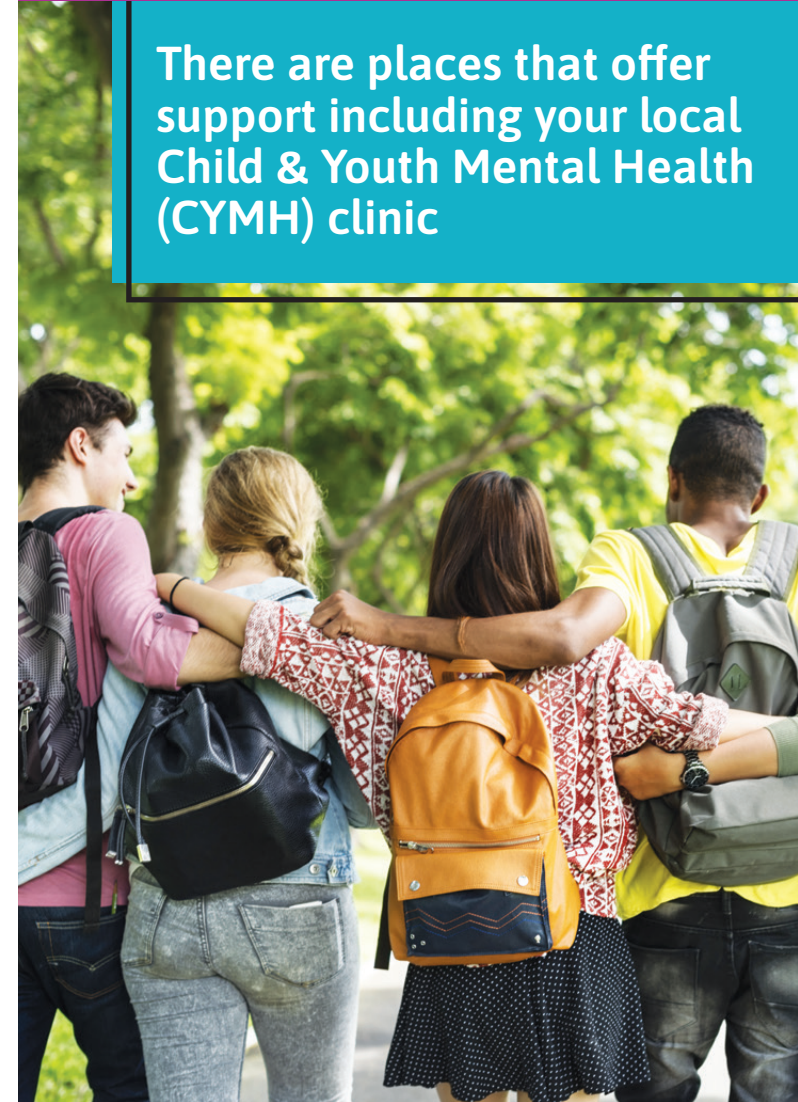
### Kelty Mental Health Resource Centre

A provincial resource centre that provides mental health and substance use information and peer support.

Website: [keltymentalhealth.ca](http://keltymentalhealth.ca)

# Worried about your child's, your friend's, or your own mental health?

There are places that offer support including your local Child & Youth Mental Health (CYMH) clinic



Ministry of  
Children and Family  
Development



## How can CYMH help?

If you or a loved one are feeling sad, worried, angry, stressed, or have other mental health or wellness challenges that affect your daily life, CYMH is here to support you. We offer a variety of services that can meet your and/or your child's needs.

### CYMH services can include but are not limited to:

- **Mental health assessments** to better understand how your symptoms affect your quality of life.
- **Therapy** including one-on-one, group, and for families.
- **Medication** prescribed by a psychiatrist (when deemed necessary).
- **Integrated services** to create a community of care with your family, primary care provider (doctor/nurse practitioner), psychiatrist, Traditional Healer, other mental health practitioners, and/or your school counsellor (but only with consent).

Our clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

**CYMH services are free, confidential, and parent/caregiver involvement is welcomed (but optional for youth).**



## How are services accessed through CYMH?

- Youth can access CYMH services without the involvement of their parent/caregiver(s), however parent/caregiver involvement is valuable in many cases, so it is encouraged when possible.
- Younger children will need parent/caregiver support to access CYMH services.
- Services are initiated by attending a CYMH Intake Clinic. Hours may vary so please call before attending (see URL and QR code below).
- CYMH services may also be accessed at some Foundry locations.

For intake clinic locations across B.C., call 811 or visit:

[gov.bc.ca/ChildYouthMentalHealthIntakeClinics](http://gov.bc.ca/ChildYouthMentalHealthIntakeClinics)



Indigenous children, youth, and families may also visit:

[gov.bc.ca/IndigenousChildYouthMentalHealthServices](http://gov.bc.ca/IndigenousChildYouthMentalHealthServices)



## What is intake?

- Intake is an opportunity for the clinician to get to know you and to listen to your concerns. It is important to tell the intake clinician as much as you can so together you can determine the kind of support you might need.
- During intake, you will provide information on your current mental health and wellness concerns and complete some paperwork and questionnaires.
- If you don't understand something or want to know more, intake is a great opportunity to ask any questions you may have for us.

## What happens after intake?

- At the end of intake, the clinician will give you a service plan, this is a document that summarizes what you discussed, as well as information on additional resources and next steps.
- The service plan is created based on your concerns and unique needs and may include a recommendation to:



### CYMH services:

- If the intake clinician determines it would be helpful for you to access CYMH services, they will provide more information on specific services that might best fit your needs.
- The timing of your first appointment will depend on how serious your concerns are, the services available, and the current wait time. If possible, the estimated wait time will be shared with you.
- If things in your life change or your challenges increase while you are waiting for services, call the CYMH clinic and let them know right away. It may be possible for services to start sooner.

- OR -

### Other services in the community:

- If the intake clinician identifies that other services in your community might be a better fit, they will discuss that with you and either make a referral or provide you with information so you can connect with services independently.