



About Us

Vancouver Coastal Health is a regional health authority that provides health services including hospital, home and community care, population and preventive health, mental health services and addictions services.



Vancouver Coastal Health is committed to delivering exceptional care to 1.25 million people, including the First Nations, Métis and Inuit in our region, within the traditional territories of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.

On Your Mind:

Mental Health Resources and Information for Children and Youth



Vancouver Coastal Health aims to provide safe, quality care to children and youth who are experiencing mental health challenges by offering information and resources and encouraging early access to programs and services.

When to get help

If your child or youth is:

- At risk of or threatening to seriously harm themselves or others. You can also access crisis intervention and suicide prevention services.
- Seeing or hearing things (for older youth).
- Believing things that are not true.
- Unable to care for themselves such as not eating, sleeping, bathing, getting out of bed or dressing (as age appropriate).



Some signs of declining mental health are noticeable changes in:

- Anger or irritability
- Unexplained withdrawal from activities or socializing
- Unexplained change in grades or attendance
- Often appears sad and does not enjoy activities like they used to
- Excessive anxiety
- Unexplained physical ailments
- Changes in sleep patterns
- Changes in appetite or diet
- Impulsive behavior
- Suicidal thoughts

If you see a child or youth experiencing some of these signs, they may be struggling with a mental health concern. There is help.

What to do:

If a child or youth is having suicidal thoughts, call a crisis line right away.

If someone is in immediate danger, call 911.

Make an appointment with your family doctor or go to a walk-in clinic for medical advice. You can also speak with your school guidance counsellor.

Go to vch.ca/onyourmind to learn more about information, resources and services available within the Vancouver Coastal Health region.

Crisis Lines:

Vancouver Coastal Distress Line: **604-872-3311**

Sunshine Coast/Sea to Sky: **1-866-661-3311**

Anywhere in BC: **1-800-SUICIDE**

Mental Health Support: **310-6789** (no need to dial area code)

Kids Help Phone (Across Canada):
1-800-668-6868

Online Chat:

Go to YouthInBC.com for Youth Chat and Crisis Chat if you would prefer to communicate online. The online chat is available between 12pm – 1am PST.

Text Chat:

Kids Help Phone Chat: Text **CONNECT** to **686868**

Scan the QR Code to be directed to VCH supports and resources for children and youth.



Vancouver Coastal Health has launched *On Your Mind*, a mental health awareness campaign for children and youth, providing resources and information on how to access programs and services for early prevention. The aim is to reduce stigma and normalize conversations about emotional, social and physiological well-being.

