

Child & Youth Mental Health Resources

Research shows that 15 - 20% of children and youth have mental health disorders.

It can be easier to recognize and treat symptoms of physical illness, such as a fever, than identify and support a child's struggle with mental health issues. Learning about mental health issues and accessing appropriate resources can help you help a child experiencing significant distress and impairing their functioning at home, at school, with peers or in the community.

Why is early diagnosis and treatment important?

Early diagnosis and treatment for a mental health disorder is essential to ensuring better long-term health of your child. By not taking this step, a child can suffer unnecessarily.

What do I do if I think my child is having mental health challenges?

- Families have a central and essential role when it comes to achieving the best possible health outcomes for their children.
- Pediatricians (available upon referral), and family physicians can be excellent resources for children and families when attempting to navigate the array of mental health services available from community to community within BC.

Resources for Supporting First Nations Children & Youth

[New Content](#)

Jordan's Principle is a federal program to ensure all First Nations children can access the products, services, and supports they need, when they need them. It can help with a wide range of health, social, and educational needs. This program applies to supports and services for First Nations youth age 19 or younger. [Click Here](#).

Resources for Supporting Children and Youth with Mental Health Disorders

- [Care of Children and Youth with Oppositional Defiant Disorder and Conduct Disorder](#)
- [Mental Health and Well-Being Services for Deaf, Hard of Hearing, and Deaf-Blind Persons](#)

- [Pathways searchable database of community services, Treatment Access BC, and the Foundry searchable database of community resources](#)
- [Detailed information on Pathways searchable database of community services](#)
- [Youth with Eating Disorders](#)
- [Youth with Psychosis](#)

Resources for Supporting Children and Youth with Developmental Disorders

- [Autism Spectrum Disorder \(ASD\), Fetal Alcohol Spectrum Disorder \(FASD\), and Complex Developmental Behavioural Conditions \(CDBC\)](#)

Resources for Supporting Youth at Risk of Mental Health Disorders

- [Youth Preparing to Leave Government Care](#)

Resources for Supporting Children and Youth with Disabilities

- [Resources for Supporting Children and Youth with Disabilities](#)

Resources for Specific Mental Health Disorders

<i>Anxiety</i>	Anxiety BC- Parent Info Anxiety Canada
<i>Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD)</i>	C.H.A.D.D. Vancouver Chapter Canadian ADHD Resource Alliance Centre for ADHD Awareness, Canada ADHD and you
<i>Autism Spectrum Disorders</i>	Autism Society of British Columbia Autism Community Training BC BC Ministry of Education Special Education Services Autism Speaks Canada
<i>Bipolar Disorder And Conduct Disorder</i>	Healthlink BC Mood Disorders Association of BC
<i>Depression</i>	Mood Disorders Association of BC
<i>Eating Disorders</i>	Looking Glass BC Kelty Mental Health - Eating Disorders

*Obsessive-Compulsive
Disorder*

[Anxiety BC](#)

Substance Abuse

[BC Mental Health and Substance Use Services
Centre for Applied Research in Mental Health and
Addiction \(CARMHA\)
Centre for Addictions Research of BC \(CARBC\)](#)

Schizophrenia

[British Columbia Schizophrenia Society](#)

Tourette Syndrome

[Tourette Syndrome Foundation of Canada](#)