

Mental Health & Substance Use Resources for Aboriginal Children & Youth

Websites

Healthy Aboriginal Network

thehealthyaboriginal.net/

The Healthy Aboriginal Network website has illustrations, posters, video and comic books on health and social issues for Aboriginal youth. Our mandate is the non-profit promotion of health, literacy & wellness through the production of visual resources for youth.

Honouring Life Network

honouringlife.ca

Developed to combat suicide among Aboriginal youth that targets both Aboriginal youth and suicide prevention workers in First Nations, Inuit and Métis communities.

Network for Aboriginal Mental Health Research

www.namhr.ca/mental-health-programs/

This database provides information about existing mental health promotion, prevention and intervention programs and models for Aboriginal peoples in Canada.

Urban Native Youth Association (UNYA)

www.unya.bc.ca/resources

UNYA has developed health, parenting, LGBT, and education resources for Native youth, in addition to external links to resources for youth and their families. Resources can be viewed online or pdf copies are available for download. Youth oriented videos are also available.

Toolkits/ Publications

Pathways to Healing: A Mental Health Toolkit for First Nations People

www.turtleisland.org/healing/pathwaystohealing.pdf

This toolkit is written for First Nation people regardless of where you live -- be it in an urban, rural, semi-isolated, or isolated setting. The toolkit provides practical advice on how to build supports and find competent and skilful help when the journey is difficult, and guides you to finding more information.

eVisions - Aboriginal People Vol. 5 | No. 1 | Summer 2008

www.heretohelp.bc.ca/publications/visions

This issue of Visions discusses mental well-being and wellness in relation to spiritual, physical and social well-being, and includes topics such as family violence and abuse, child neglect, trauma, discrimination, poverty, and homelessness.

Books & Videos

Just A Story (2009)

Steven Keewatin Sanderson | FSRC

In this comic book, Wendy doesn't have any friends her age and feels overwhelmed at school. Her little brother is more social but he's quick to lose his temper and get into fights. Something is clearly bothering them both. Good thing they're open to getting help and breaking down the stigma of mental health.

On the Turn

www.youtube.com/watch?v=M1552ZNZiic&feature=related

HAN's gambling awareness short, On the Turn, is about a young woman that learns how to play poker at school. Peer pressure gets the best of her and she learns what it feels like to hurt someone she loves.

Mental Health & Substance Use Resources for Aboriginal Children & Youth *(continued)*

Aboriginal Journeys in Mental Health - Surviving the Fall (2008)

heretohelp.bc.ca/publications/aboriginal-people/prog/2

A culturally sensitive educational tool for reaching out to the Aboriginal population preventing perinatal depression through storytelling and holistic wellness by weaving mainstream medicine and practice with traditional Aboriginal Healing.

Aboriginal Journeys in Mental Health: Walking the Path Together (2006)

Documentary featuring personal insights from Aboriginal persons recovering from depression, bipolar illness and schizophrenia. The film captures the importance of balancing traditional Aboriginal approaches to healing with conventional approaches to assessment and treatment. For information on ordering the DVD, contact BC Partners at 1-800-661-2121 or 604-669-7600.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: libraries.phsa.ca/fsrc

Support Services

Aboriginal Liaison worker

Tel: 604-688-0551 | 550 Cambie Street, Vancouver, BC, V6B 2N7

The Aboriginal Liaison worker or clinician offers culturally-appropriate outreach, engagement and intervention services in the Vancouver area to Aboriginal youth and their families in a youth-friendly, non-clinical setting. Consultation to service providers about Aboriginal youth is a key component of this role.

KUU-US Crisis Line Society

Adult Crisis Line: 250-723-4050 | **Youth Crisis Line:** 250-723-2040

Vancouver Island and through the Province of BC 1-800-588-8717

KUU-US is available to all Aboriginal people on Vancouver Island and in the province of British Columbia. They provide non-judgmental support by assessing callers' needs based on the presenting issue, referral access and level of severity. They provide a continuum of services from crisis to managed problem-solving. KUU-US also provides suicide assessments and support, and *Mobile Outreach* for situations that require one-on-one contact. Available 24hrs/day.

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents of children with mental health or substance use challenges, as well as individuals of any age struggling with an eating disorder.

Kids Help Phone

Toll-Free: 1-800-668-6868 | kidshelpphone.ca

24-hour, bilingual and anonymous phone counselling, referral and Internet service for children.

Mental Health & Substance Use Resources for Aboriginal Children & Youth *(continued)*

Health Canada: National Native Alcohol and Drug Abuse Program Treatment Centre Directory

hc-sc.gc.ca

Click "First Nations, Inuit & Aboriginal Health" > "Substance Use & Treatment of Addictions" > Alcohol, Drugs & Solvents > "Treatment Centre Directory"

Native Education College: Family Violence Resource Centre

necvancouver.org/student-life/family-violence-resource-centre

Located in Vancouver, offers a library of resources and counseling services.

Tillicum Lelum Aboriginal Friendship Centre

tillicumlelum.ca

Nanaimo-based centre aiming to improve the quality of life of Aboriginal people living in an urban environment, using Aboriginal teachings as a guideline. Provides services that are holistic in nature and address the physical, mental, emotional and spiritual well-being of clients and employees.

Vancouver Aboriginal Child and Family Services Society

vacfss.com Tel: 604-872-6723 | Toll-Free: 1-877-982-2377

Services include guardianship, residential resources, family preservation and reunification, and child protection.

Youth in BC

(604) 872-3311 | 1-866-661-3311 (Lower Mainland & Sunshine Coast) | 1-800-SUICIDE (BC) | youthinbc.com

A 24/7 online and phone crisis chat service for youth. Website also provides general mental health information, stress exercises, and a blog.
