



DAVID THOMPSON SECONDARY

SUMMER MENTAL HEALTH SUPPORTS/RESOURCES

Dear David Thompson Students, while the excitement of summer is upon us, the staff at DT also know that school provides many important supports for students and the 2-month break places vulnerable students without necessary resources - especially around mental health and personal safety. With this in mind, here is some information for knowing how to access compassionate support/care for your mental health:

FOUNDRY BC - <https://foundrybc.ca/>

Foundry offers mental health and substance use services, physical and sexual health care, youth and family peer support and social services in welcoming, youth-friendly spaces. Our network of centres—co-created with and for young people—can be found in 11 BC communities, with another eight centres in development.

BOUNCEBACK - <https://bouncebackbc.ca/bounceback-coaching/>

BounceBack is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

CHILD AND YOUTH MENTAL HEALTH CLINICS/COUNSELLING -

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teenmental-health>

Child and Youth Mental Health (CYMH) teams located across B.C. provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost.

Local offices:

Pacific Spirit 2110 W 43rd Avenue 3rd Floor Vancouver V6M 2E1604-267-3970

Tuesday 1:00 - 6:00 & Thursdays 9:00 - 4:00

Raven Song 2450 Ontario Street Vancouver V5T 4T7604-872-8441

Intake day: Friday - Hours: 9:00 a.m. – 4:00 p.m.

AAC - <https://vch.eduhealth.ca/PDFs/CD/CD.140.V44.pdf>

The Access & Assessment Centre (AAC) provides a range of Mental Health & Substance Use services for Vancouver residents (ages 17+) for non-urgent, urgent and non-emergent intervention. They welcome members of the LGBT2Q+ communities. Persons who are experiencing/presenting with a need for urgent intervention can be seen at the AAC for assessment, provision and coordination of the most appropriate care - this may involve transfer to the Emergency Department or direct admission to a Psychiatric Inpatient Unit.

CART - <https://youthinbc.com/2008/06/13/cart/>

Provides urgent, community-based response to mental health-related crisis involving school-aged children and youth (up to 18) living in Vancouver who are experiencing urgent psychiatric or emotional crisis. Services can range from phone consultation to on-site assessment or consultation, short-term counselling or psychiatric assessment. Phone: 604-874-2300 Address: 401-1212 West Broadway, Vancouver, BC 911 -

<https://vpd.ca/police/organization/investigation/investigative-support-services/youth-services/mentalhealth.html>

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE: 1-866-925-4419

The Indian Residential Schools Resolution Health Support Program provides mental health and emotional supports to eligible former Indian Residential School students and their families.

If you are afraid of hurting yourself or someone else, or if no other options are available, go to the nearest emergency room or call 911.