

# ChatterHigh

BC Mental Health Resources

Question Booklet



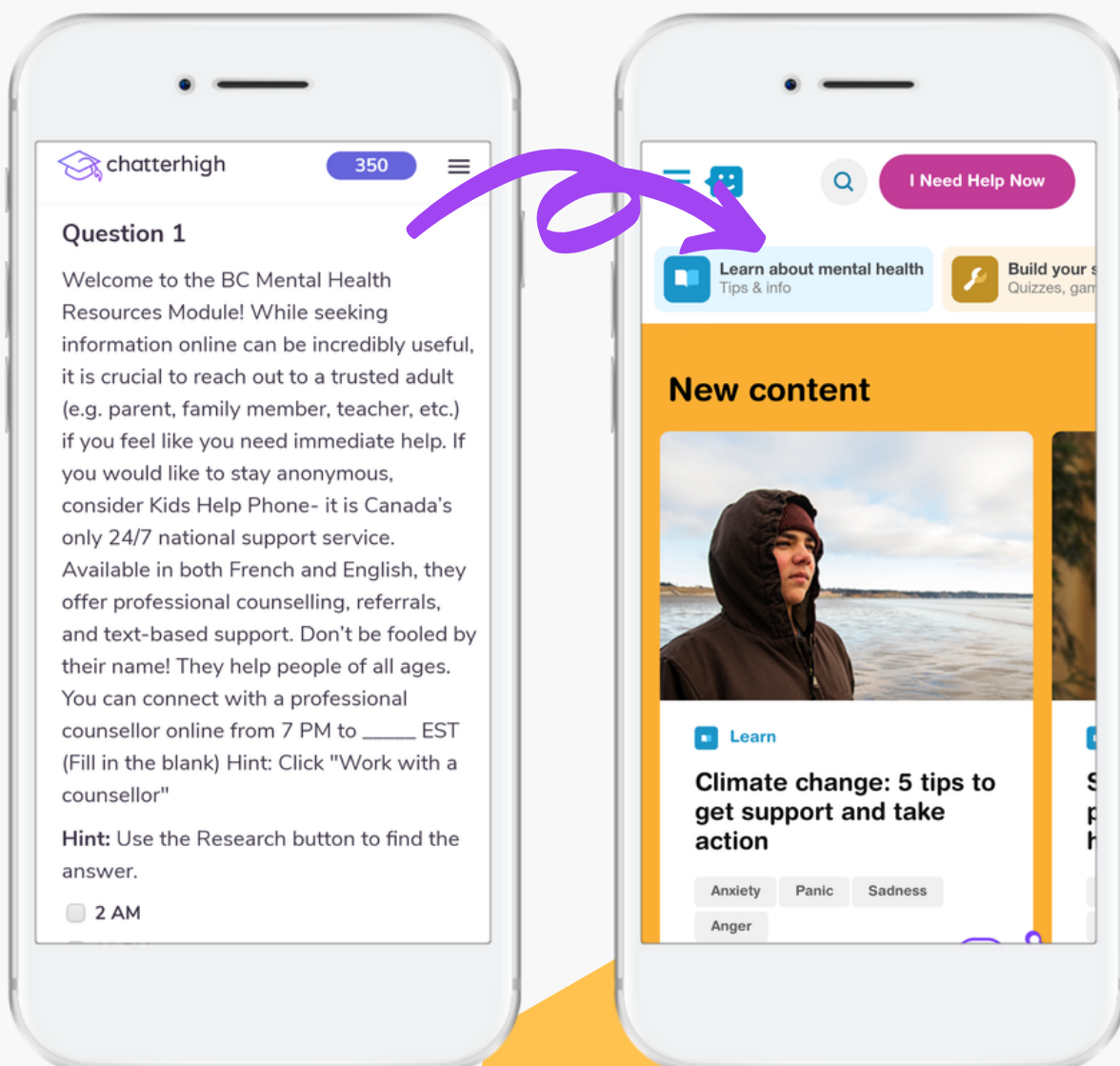
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# How It Works

In each module, students receive a series of questions and corresponding research links. Each link leads students to the website of a leading national or provincial mental health organization, like Kids Help Phone or MindHealthBC. As they search for the answer to our question, students build their knowledge and familiarity with mental health topics, and discover valuable tools like helplines, counselling options, apps and activities, and more.

We have created two modules for Middle School and High School students. These have similar resources and some overlapping questions. However, each module includes topics most relevant and appropriate for each age group.



# We're here to help!

Have questions? Want a demo?  
Book a call, or send us an email.



**Taylor Irving** | Supporting Teachers

[taylor@chatterhigh.com](mailto:taylor@chatterhigh.com)

[Book a call](#) (15, 30, or 60 mins)



**Deborah Deacon** | Supporting Districts

[deborah@chatterhigh.com](mailto:deborah@chatterhigh.com)

[Book a call](#) (15, 30, or 60 mins)

# BC Mental Health Resources

## Modules

## Topics and Resources

Topics for Middle School (6-8) & High School (9-12):

- Provincial Resources and Services
- Apps and activities
- Counselling
- Mental Health Toolbox

Resources:

- Looking Glass BC
- BC Children's Hospital
- Mood Disorder Association of British Columbia
- Canadian Mental Health Association- BC Division
- HealthLinkBC
- First Nations Health Authority
- QMUNITY
- Foundry BC
- MindHealthBC
- Aged Out
- Options for Sexual Health
- Qchat
- Sher Vancouver
- jack.org
- Healing in Colour
- BC Community Alliance
- Kids Help Phone
- S.U.C.C.E.S.S. BC
- MOSAIC BC
- Youth Against Violence
- safeteen
- Dwd (Dealing with Depression)
- HeadsUpGuys

# High School Module (Grades 9-12)

## List of Questions

Welcome to the BC Mental Health Resources Module! While seeking information online can be incredibly useful, it is crucial to reach out to a trusted adult (e.g. parent, family member, teacher, etc.) if you feel like you need immediate help. If you would like to stay anonymous, consider Kids Help Phone- it is Canada's only 24/7 national support service. Available in both French and English, they offer professional counselling, referrals, and text-based support. Don't be fooled by their name! They help people of all ages. You can connect with a professional counsellor online from 7 PM to \_\_\_\_\_ EST (Fill in the blank)

2 AM

11 PM

Midnight

1 AM

<https://kidshelpphone.ca/>

It is important to remember that you are never alone. We all have mental health and it is as important to maintain as our physical health. Health Link BC states that 1 in \_\_\_\_\_ British Columbians will be affected by mental health and/or substance abuse this year. (Fill in the blank)

10

4

3

5

<https://healthlinkbc.ca/mental-health-substance-use>

There are a lot of support programs out there for mental health and substance abuse, so finding the right one can be overwhelming! The government website for British Columbia allows you to search for relevant information by audience, topic, or location. What are some areas they provide information and services for?

Body Image and Eating Disorders

Trauma and Abuse

Psychosis and Thought Disorders

All of the above

<https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc>

Jack.org is a Canadian non-profit that focuses on youth mental health and suicide prevention. They allow youth advocates to start chapters in their communities, such as in their high schools or post-secondary campus (you could consider starting a chapter in your community if you don't have one). Currently, there are hundreds of chapters across the country. About how many are in British Columbia? (Hint: Under "Province or



Territory,” search “British Columbia”)

60

10

5

20

<https://jack.org/Chapters/Find-a-Chapter?province=BC>

MindHealthBC has a large database that includes mental health and substance abuse information, self-help resources/online programs, support groups for patients and their loved ones, and community health services. Under the “Resources” section of the site, what is a potential topic of interest? (Hint: scroll under “All Topics”)

Obsessive-Compulsive Disorder

Panic Disorder

Sleep difficulties

All of the above

<http://www.mindhealthbc.ca/resources>

There is always help out there if you need it. Consider calling 911 if you are in an emergency. Otherwise, there are phone, chat, or text lines available 24/7. You might be worried about a friend or a peer at school, and unsure what to do next. There is a tool that allows you to contact your school or a district coordinator, to follow up with your friend or peer immediately. You can also do this completely anonymously; you do not have to provide your name. What is this tool called?

Help someone today tool

Report a friend tool

Erase Report it tool

Report BC Youth tool

<https://www2.gov.bc.ca/gov/content/erase/help>

BC Children’s Kelty Mental Health Centre can help you learn about what an eating disorder is, types of disorders, and how to get treatment. Eating disorders can affect anyone, regardless of age, gender, race, or sexual orientation. Like girls, boys can also have a distorted body image and share similar symptoms. They list some of the specific risk factors boys might face--what is one that is not included in the list?

Being overweight or obese as a child

Taking part in sports that emphasize being muscular

Dieting

Muscular men in media

<https://keltyeatingdisorders.ca/generalinformation/who-is-affected-by-eating-disorders/>

QMUNITY provides support for queer, trans, and two-spirit individuals. Their Youth program provides group drop-in spaces, one-on-one support, and referrals for LGBTQ2SAI+ youth ages \_\_\_\_\_ and under (Fill in the blank)

18

25

30

15

<https://qmunity.ca/get-support/youth/>

Having a family member with a mental illness can be challenging, but it is important to remember that you and your family are not alone. Here to Help BC provides a list of tips and resources to navigate this situation. For example, they provide a list of organizations that offer support. What are the first two web pages they list? (Hint: scroll down to the “Remember You are Not Alone” section)

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) and [www.jack.org](http://www.jack.org)

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) and [www.bcscs.org](http://www.bcscs.org)

[www.jack.org](http://www.jack.org) and [www.youthinbc.com](http://www.youthinbc.com)

[www.heretohelp.ca](http://www.heretohelp.ca) and [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

[https://www.heretohelp.bc.ca/infosheet/tips-for-communicating\\_](https://www.heretohelp.bc.ca/infosheet/tips-for-communicating_)

MOSAIC has many programs and services to help newcomer youth transition to life in Canada. They offer a few specialized programs. For example, the Multicultural Youth & Safe Relationships Project works to address teen relationship violence by promoting safe and healthy relationships, open communication, and strengthening familial bonds. What is the name of the program that helps newcomer youth with problems such as health issues, language barriers, and feelings of isolation? (Hint: Under “Services,” select “Moving Ahead FreeRunning”)

NuYu: Newcomer Youth Popular Theatre

Wraparound Program

Moving Ahead FreeRunning

Voyages Youth Conference

<https://www.mosaicbc.org/>

Open Mind BC provides a great compilation of resources for youth mental health. If you are looking to stay anonymous, they provide a few great resources you can turn to. For those seeking immediate help, what is one crisis line they provide?

310-6789

311-8967

308-0191

310-2222

<https://openmindbc.ca/youth-young-adults/>

Options for Sexual Health is the largest non-profit sexual health organization in the country. They provide confidential, youth-friendly, non-judgmental, and accessible clinics across BC where you can discuss your sexual health, sexuality, or health care options. Around how many clinics do they have in the province? (Hint: click the “Clinic Finder” tab)

100

140



60

20

[https://www.optionsforsexualhealth.org/care/clinic-finder/?fwp\\_clinics\\_map=45.665107%2C-171.946511%2C61.157275%2C-75.266823](https://www.optionsforsexualhealth.org/care/clinic-finder/?fwp_clinics_map=45.665107%2C-171.946511%2C61.157275%2C-75.266823)

Youth in BC provides resources related to issues such as abuse and assault, bullying, general health, and unemployment. They provide a list of crisis lines (e.g. one in the Greater Vancouver Area and another in Howe Sound and Sunshine coast). They also have an online chat that is available from noon to \_\_\_\_\_ in BC and Yukon. (Fill in the blank)

midnight

3 AM

1 AM

10 PM

<https://youthinbc.com/#>

Here to Help BC also provides support if you are concerned about your own mental health or substance use. They link a few resources to help you take charge of your own well-being, make informed decisions, and seek meaningful change. For example, they have an article that helps you find free or low-cost mental health services such as counselling or psychiatric medication. What are the listed areas of their resource library?

Info sheets, workbooks, plainer language series, safer language series

Info sheets, list of crisis lines, mental health modules

Plainer language series, safer language series, mental health modules, screening-self tests

None of the above

<https://www.heretohelp.bc.ca/support-myself>

Looking Glass offers 3 peer support programs for those struggling with eating disorders. They are supported by a team of non-judgmental and empathetic volunteers. One of the 3 programs offers online chats six times per week, where volunteer moderators facilitate real-time group chats for those aged 14+ at any stage of their recovery. Which program is this? (Grades 9-12)

Hand in Hand

Online Peer Support

Personal Recovery Space

Supporting Recovery

<https://www.lookingglassbc.com/programs>

BC Community Alliance is an organization that fights anti-Black racism in schools. One aspect of their work is advocating for the integration of Black Canadian History into BC's K-12 curriculum. What are some ways you can get involved?

Signing their petitions, mailing list, volunteering, or donating

Joining their social media movement, starting a chapter in your school, donating

Protesting against provincial legislation, joining their campaign movements across BC cities and towns

None of the above

<https://www.bccommunityalliance.com/get-involved/>

S.U.C.C.E.S.S. is a program in BC that offers help for those who may be experiencing cultural or language barriers in Canada, whether they are temporary residents, permanent residents, or citizens. They have helplines available 7 days a week from 11 AM to 8 PM in Cantonese (604-270-8233) and Mandarin (604-270-8222). They also offer services just for youth. Which of the following is not a youth service?

Youth Leadership Summit

Youth Employment Connect- Training for Jobs

Self-Employment training for Young Entrepreneurs

Youth Education- Finding Affordable Housing

<https://successbc.ca/service-categories/youth/>

There are a lot of provincial resources out there that can help you treat an eating disorder. BC Children's Kelty Mental Health Centre lists a few, along with where they are located. What do they describe as being a good first step for someone seeking treatment in British Columbia?

Visit your family doctor or walk-in clinic for an initial assessment

Talk to a peer

Read a book about eating disorder recovery

Seek medication

<https://keltyeatingdisorders.ca/finding-help/treatment-in-bc-101/>

The Mood Disorder Association of British Columbia works on reducing the stigma of mood disorders, creating a supportive and inclusive community that promotes well-being, and providing rapid access to mental health services. Not only do they have peer-led support groups across the province, but they also offer a unique rehabilitation program that has been nationally and internationally recognized for its work helping people grow through art. What is the program called?

Studio Artist

The Art Studios

Supportive Artists

Collective Artist Union

<https://mdabc.net/art-studio/>

The Mood Disorder Association of British Columbia offers over 25 peer-led support groups across the province, which are free of charge. Who are the facilitators?

Medical professionals (e.g. Doctors, psychiatrists, nurses)

There are no official facilitators

Trained volunteers with personal experience navigating mental health

Psychologists and counsellors

<https://mdabc.net/resources/mdabc-support-groups/>

The Canadian Mental Health Association's British Columbia Division outlines resources such as wellness programs, scholarships/bursaries, and programs targeted towards youth. In particular, they have a Youth Mental Health program with two main services: an interactive course that improves well-being and reduces stress and anxiety AND a bursary program open to youth under 20 who have experience navigating some mental health troubles or substance abuse. What is this program called?

Blue Wave Youth Mental Health Program

White Wave Youth Mental Health Program

Janice Lee's Youth Mental Health Program

British Columbia's Mental Health Program for Youth

<https://cmha.bc.ca/types-programs-services/youth/>

The First Nations Health Authority is committed to providing support for First Nation communities across the province. Their Health and Benefits Program has a few goals such as working to address First Nations' unique health needs, closing the health gap between First Nations and non-First Nations in BC, and providing a service that respects First Nations' cultures and values. The program has six benefit areas. Which of the following is not one of them?

Pharmacy

Dental

Dermatology

Medical Transportation

<https://www.fnha.ca/benefits/about-us>

Foundry BC provides an extensive list of tools and resources for the following areas: mental health, substance abuse, healthy living, tough topics, and everyday life. In their 'everyday life' section, they touch on 5 areas of life skills that are relevant to everyone. For example, under 'Money,' they outline the basics of managing money such as setting up a bank account. Of the four other life skill areas, which is NOT one of them?

Housing

Navigating Relationships

Online Safety

School

<https://foundrybc.ca/info-tools/everyday-life/>

Foundry BC's new app allows youth between 12-24 to access drop-in or scheduled virtual counselling appointments, find peer support, join a youth or caregiver group, or browse their library of tools and resources. Appointments can be booked for up to \_\_\_\_ days in advance (Fill in the blank)

7

10

14

21

<https://foundrybc.ca/virtual/>

Sometimes, you may feel like something is wrong but you are not sure what exactly. Although an accurate and official diagnosis for a psychiatric disorder like depression can only be given by a qualified medical professional, MindHealthBC provides a screening quiz that outlines some mental health challenges you might be facing and provides you with a toolkit on the next steps. How long does the quiz take?

5 minutes

20 minutes

10 minutes

45 minutes

<http://www.mindhealthbc.ca/questionnaire#intro>

The Adoptive Families Association of BC is dedicated to supporting youth in and from government care, adoptees, and adoptive families across the province. They offer youth bursaries and create a space for them to be heard and supported, and given the framework for developing important life skills. True or False: there are 6 main topics the organization focuses on: education, health & wellness, housing, ID needs, money & income, and personal life.

True

False

<https://agedout.com/>

Under the topic of Health and Wellness, the Adoptive Families Association of BC offers a few 'quests' you can take to get informed about various wellness topics and the steps to take towards success. What quest is about making easy, delicious, healthy, and affordable meals?

Health and Affordable eating

Eating well on a budget

Quick and delicious eating that doesn't break the bank

Meal prepping healthy food

<https://agedout.com/health-and-wellness>

BC Mental Health & Substance Use Services often treat people whose needs go beyond their community's aid. They state that one kind of complex illness they treat is called a concurrent disorder. What does this mean? (hint: scroll down to "What is complex mental health and substance abuse?")

Combination of a severe mental illness and substance use disorder

Combination of a physical disability and substance use disorder

Combination of a mental illness and physical disability

None of the above

<http://www.bcmhsus.ca/>

Options for Sexual Health is an organization that provides important information related to sexual and reproductive health. Sexually transmitted infections (STIs) are common but are often associated with a lot of shame and stigma. However, it is very important to get treated if you do have one. What do they say about determining whether or not you have an STI? (Grades 9-12)

You'll start to experience symptoms that suggest something might be wrong

Engaging in any kind of sexual activity will result in a STI

There is no sure way of knowing

The only way to know for sure is to get tested

<https://www.optionsforsexualhealth.org/facts/sti/>

QCHAT provides a peer support line and resource database for LGBTQ2S+ youth in BC. Lines are open from 6 PM - 9PM PST from \_\_\_\_\_ to \_\_\_\_\_ (Fill in the blank)

Saturday, Wednesday

Sunday, Monday

Friday, Sunday

Monday, Friday

<https://www.qchat.ca/>

Here4Peers is a peer-based literacy program delivered by high school students to students in younger grades. Its goal is to reduce the stigma associated with mental illness, increase mental health literacy, and create a supportive environment for youth to access mental health assistance. As a high school student, you can gain experience as a facilitator and learn how to appropriately communicate mental health issues and coping strategies to kids. How old are the younger students?

Grades 4 and 5

Grades 7 and 8

Grades 6 and 7

Grades 3, 4, and 5

<https://vancouver-fraser.cmha.bc.ca/programs-services/here4peer/>

Sher Vancouver provides support for South Asian LGBTQ+ individuals. What are the names of their two peer support groups?

Sher Canine and Sher Mars

Sher Feline and Sher Jupiter

Sher Feline and Sher Mars

Sher Feline and Sher Canine

<https://www.shervancouver.com/services.html>

Jack.org provides resources on a variety of topics, such as men's mental health. Gender equality benefits everyone and it is important for youth to challenge gender assumptions. Which resource promotes a space where boys and men can be educated on gender & equality?

Next Generation of Men

Next Gen Men

Project equality

Project boys and men against gender discrimination

<https://jack.org/Resources/Men-s-Mental-Health>

For Black, Indigenous, and people of colour (BIPOC), it can feel hard to find someone that understands your lived experiences. If you are ready to seek help and professional counselling, you might not know where to start. Healing in Colour offers a directory of BIPOC therapists across the country. True or False: therapists only offer in-person services. (Hint: read the descriptions of the therapist profiles)

True

False

<https://www.healingincolour.com/directory>

MOSAIC serves immigrant, refugee, migrant, and mainstream populations in BC. One of their services is the 'I Belong' program, which supports LGBTQIA+ individuals in these groups. They offer 3 peer support groups: the 'I belong' Peer Support that is facilitated by volunteers and allows you to learn about community resources, build up social connections, and share experiences, the 'I Belong' Group Counselling Support that allows you to share your experiences with a licensed counsellor, AND the \_\_\_\_\_ that is peer-led and enables a space where trans, non-binary, and gender-diverse individuals can share stories, information, and resources. (Fill in the blank)

'I belong' Trans, Non-Binary, and Gender-diverse Peer Support Group

Beyond Borders & Binaries- Trans, Non-Binary and Gender-Diverse Peer Support Group

'I belong' Community Peer Support Group

'I belong' Beyond Borders & Binaries Peer Group

<https://www.mosaicbc.org/services/settlement/lgbtq/>

Youth against Violence is a group of trained support workers based in BC that are available to help with issues such as bullying, harassment, intimidation, and sexual assault. It is completely anonymous--you do not have to provide your or anyone else's name. If you want to give them a call about something such as a violent activity you know is about to take place, their phone number is \_\_\_\_\_. (Fill in the blank)

1-800-680-6800

1-800-680-6789

1-800-680-4264

1-800-680-0000

<http://www.youthagainstviolenceline.com/index.html>

Looking Glass is an organization that focuses on decreasing isolation and fostering hope and sustainable recovery for individuals struggling with eating disorders, specifically targeting youth aged 14+. They offer 3 peer support programs. What is NOT one of the I



listed programs?

Hand in Hand

Supporting Recovery

Online Peer Support

Personal Recovery Space

<https://www.lookingglassbc.com/programs>

This module has gone over youth resources for a variety of issues. Safeteen's resource list offers a great compilation of help related to: provincial and national crisis lines, victim assistance, online & technology support, counselling & support, health services, and specific youth issues. What is an example of a resource they include?

BC Survivors for Male Sexual Abuse

Children Who Witness Abuse Program

Women Against Violence Against Women

All of the above

<http://www.safeteen.ca/for-youth>

HeadsUpGuys is a program developed by UBC that focuses on men struggling with depression. While depression is prevalent in both men and women, men are less likely to seek help compared to women and subsequently often suffer in silence. In fact, the World Health Organization has declared that men account for 75-80% of suicides (where poorly treated depression is a major risk factor). HeadsUpGuys outlines 5 steps to the road of recovery, what is step 4?

Self-check

Starting with the basics (sleep, stress management, food, social life, physical activity, relationships)

Building supports

Stay patient

<https://headsupguys.org/take-action/>

Consider calling Kids Help Phone at 1-800-668-6868 whenever you feel like you need help. They're available 24/7. True or False: If you don't have a phone, you can use other technology to call the line.

True

False

<https://kidshelpphone.ca/call>

# Middle School Module (Grades 6-8)

## List of Questions

Welcome to the BC Mental Health Resources Module! While seeking information online can be incredibly useful, it is crucial to reach out to a trusted adult (e.g. parent, family member, teacher, etc.) if you feel like you need immediate help. If you would like to stay anonymous, consider Kids Help Phone- it is Canada's only 24/7 national support service. Available in both French and English, they offer professional counselling, referrals, and text-based support. Don't be fooled by their name! They help people of all ages. You can connect with a professional counsellor online from 7 PM to \_\_\_\_ EST (Fill in the blank)

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You are never alone. Mental health is as important as physical health. Health Link BC states that 1 in \_\_\_\_ people in BC will be affected by mental health and/or substance abuse this year. (Fill in the blank)

10

4

3

5

<https://healthlinkbc.ca/mental-health-substance-use>

There are a lot of support programs out there for mental health and substance abuse, so finding the right one can be overwhelming! The government website for British Columbia allows you to search for relevant information by audience, topic, or location. What are some areas they provide information and services for?

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Trauma and Abuse

Psychosis and Thought Disorders

All of the above

<https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc>

MindHealthBC has a large database that includes mental health and substance abuse information, self-help resources/online programs, support groups for patients and their loved ones, and community health services. Under the "Resources" section of the site, what is a potential topic of interest? (Hint: scroll under "All Topics")

Obsessive-Compulsive Disorder

Panic Disorder

Sleep difficulties

All of the above

<http://www.mindhealthbc.ca/resources>

There is always help out there if you need it. Consider calling 911 if you are in an emergency. Otherwise, there are phone, chat, or text lines available 24/7. You might be worried about a friend or a peer at school, and unsure what to do next. There is a tool that allows you to contact your school or district, to follow up with your friend or peer immediately. You can also do this completely anonymously; you do not have to provide your name. What is this tool called?

Help someone today tool

Report a friend tool

Erase Report it tool

Report BC Youth tool

<https://www2.gov.bc.ca/gov/content/erase/help>

BC Children's Kelty Mental Health Centre can help you learn about what an eating disorder is, types of disorders, and how to get treatment. Eating disorders can affect anyone, regardless of age, gender, race, or sexual orientation. Like girls, boys can also have problems with body image and eating. They list some of the specific risk factors boys might face--what is one that is not included in the list?

Being overweight or obese as a child

Taking part in sports that promote being muscular

Dieting

Muscular men in media

<https://keltyeatingdisorders.ca/generalinformation/who-is-affected-by-eating-disorders/>

QMUNITY provides support for queer, trans, and two-spirit individuals. Their Youth program provides group drop-in spaces, one-on-one support, and referrals for LGBTQ2SAI+ youth ages \_\_\_\_\_ and under (Fill in the blank)

18

25

30

15

<https://qmunity.ca/get-support/youth/>

Having a family member with a mental illness can be challenging, but it is important to remember that you and your family are not alone. Here to Help BC provides a list of tips and resources to navigate this situation. For example, they provide a list of organizations that offer support. What are the first two web pages they list? (Hint: scroll down to the "Remember You are Not Alone" section)

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) and [www.jack.org](http://www.jack.org)

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) and [www.bcscs.org](http://www.bcscs.org)

[www.jack.org](http://www.jack.org) and [www.youthinbc.com](http://www.youthinbc.com)

[www.heretohelp.ca](http://www.heretohelp.ca) and [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

<https://www.heretohelp.bc.ca/infosheet/tips-for-communicating>

MOSAIC has many programs and services to help newcomer youth transition to life in Canada. They offer a few specialized programs. What is the name of the program that helps newcomer youth with problems such as health issues, language barriers, and feelings of isolation? (Hint: Under “Services,” select “Moving Ahead FreeRunning”)

NuYu: Newcomer Youth Popular Theatre

Wraparound Program

Moving Ahead FreeRunning

Voyages Youth Conference

<https://www.mosaicbc.org/>

Options for Sexual Health is the largest non-profit sexual health organization in the country. They provide confidential, youth-friendly, non-judgmental, and accessible clinics across BC where you can discuss your sexual health, sexuality, or health care options.

Around how many clinics do they have in the province? (Hint: click the “Clinic Finder” tab)

100

140

60

20

<https://www.optionsforsexualhealth.org/care/clinic-finder/>

[fwp\\_clinics\\_map=45.665107%2C-171.946511%2C61.157275%2C-75.266823](https://www.optionsforsexualhealth.org/care/clinic-finder/?fwp_clinics_map=45.665107%2C-171.946511%2C61.157275%2C-75.266823)

BC Community Alliance is an organization that fights anti-Black racism. One example of their work is their dedication to increasing Black Canadian History into BC’s K-12 curriculum. What setting does their work focus on?

Education settings

Legal settings

Home settings

All of the above

<https://www.bccommunityalliance.com/about-us/>

There are a lot of provincial resources out there that can help you treat an eating disorder. BC Children’s Kelty Mental Health Centre lists a few, along with where they are located. What do they describe as being a good first step for someone seeking treatment in British Columbia?

Visit your family doctor or walk-in clinic for an initial assessment

Talk to a friend

Read a book about eating disorder recovery

Seek medication

<https://keltyeatingdisorders.ca/finding-help/treatment-in-bc-101/>

The Mood Disorder Association of British Columbia is dedicated to increasing knowledge

about mood disorders such as depression and bipolar disorder. There are over \_\_\_\_\_ peer-led support groups across the province. (Fill in the blank)

- 50
- 100
- 25
- 70

<https://mdabc.net/resources/mdabc-support-groups/>

The Canadian Mental Health Association's British Columbia Division outlines resources such as wellness programs, scholarships/bursaries, and programs targeted towards youth. They have a Youth Mental Health program with two main services: a course that improves well-being while reducing stress and anxiety AND a bursary program open to youth under 20 who have experience navigating some mental health troubles or substance abuse. What is this program called?

- Blue Wave Youth Mental Health Program
- White Wave Youth Mental Health Program
- Janice Lee's Youth Mental Health Program
- British Columbia's Mental Health Program for Youth

<https://cmha.bc.ca/types-programs-services/youth/>

The First Nations Health Authority is committed to providing support for First Nation communities across the province. Their Health and Benefits Program has a few goals such as working to close the unequal healthcare between First Nations and non-First Nations in BC and providing a service that respects First Nations' cultures and values. The program has six benefit areas. Which of the following is not one of them?

- Pharmacy
- Dental
- Dermatology
- Medical Transportation

<https://www.fnha.ca/benefits/about-us>

Foundry BC provides a list of tools and resources for 5 areas: mental health, substance abuse, healthy living, tough topics, and everyday life. In their 'everyday life' section, they touch on 5 areas of life skills that are relevant to everyone: housing, money, online safety, school, and work. In the school section, what types of resources are described?

- Middle and High School Life
- Applying to Post-Secondary Programs
- Post-Secondary
- All of the above

<https://foundrybc.ca/resource/school/>

Foundry BC's new app allows youth between 12-24 to access drop-in or scheduled virtual counselling appointments, find peer support, join a youth or caregiver group, or browse their library of tools and resources. Appointments can be booked for up to \_\_\_\_

days in advance (Fill in the blank)

7

10

14

21

<https://foundrybc.ca/virtual/>

The Adoptive Families Association of BC is dedicated to supporting youth in and from government care, adoptees, and adoptive families across the province. They offer youth bursaries and create a space for them to be heard and supported, and given the framework for developing important life skills. True or False: there are 6 main topics the organization focuses on: education, health & wellness, housing, ID needs, money & income, and personal life.

True

False

<https://agedout.com/>

QCHAT provides a peer support line and resource database for LGBTQ2S+ youth in BC. Lines are open from 6 PM - 9PM PST from \_\_\_\_\_ to \_\_\_\_\_ (Fill in the blank)

Saturday, Wednesday

Sunday, Monday

Friday, Sunday

Monday, Friday

<https://www.qchat.ca/>

Jack.org provides resources on a variety of topics, such as men's mental health. Gender equality benefits everyone and it is important for youth to challenge gender assumptions. Which resource promotes a space where boys and men can be educated on gender & equality?

Next Generation of Men

Next Gen Men

Project Equality

Boys and Men Against Gender Discrimination

<https://jack.org/Resources/Men-s-Mental-Health>

For Black, Indigenous, and people of colour (BIPOC), it can feel hard to find someone that understands your lived experiences. If you or anyone you know may be looking for help and professional counselling, you might not know where to start. Healing in Colour offers a directory of BIPOC therapists across the country. True or False: therapists only offer in-person services. (Hint: read the descriptions of the therapist profiles)

True

False

<https://www.healingincolour.com/directory>



Dwd (dealing with depression) is an online resource that provides some treatments and self-help skills in dealing with depression. Depression can affect anyone- you can never dismiss someone's struggle, regardless of how happy they seem to be or what kind of background they come from. Dwd takes you through three stories of different characters: 'The Perfect Girl', 'The Girl With Angry Parents,' and 'The Shy Guy.' What are the 3 skills you learn from these stories? (Hint, go through topics under "Skills")

Realistic Thinking, Problem Solving, Goal Setting

Realistic Thinking, How to ask for Help, Goal Setting

Problem Solving, Goal Setting, How to find a Doctor

Problem Solving, Realistic Thinking, How to be a better student

<https://dwdonline.ca/>

Consider calling Kids Help Phone at 1-800-668-6868 whenever you feel like you need help. They're available 24/7. True or False: If you don't have a phone, you can use other technology to call the line.

True

False

<https://kidshelpphone.ca/call>

## Next Steps?

1. Visit ChatterHigh.com, create an account & have your students do the same.
2. You create a class; your students join.
3. Check out your "Mindful Modules."
4. Start quizzing!

Remember to send us your feedback at  
[info@chatterhigh.com](mailto:info@chatterhigh.com)