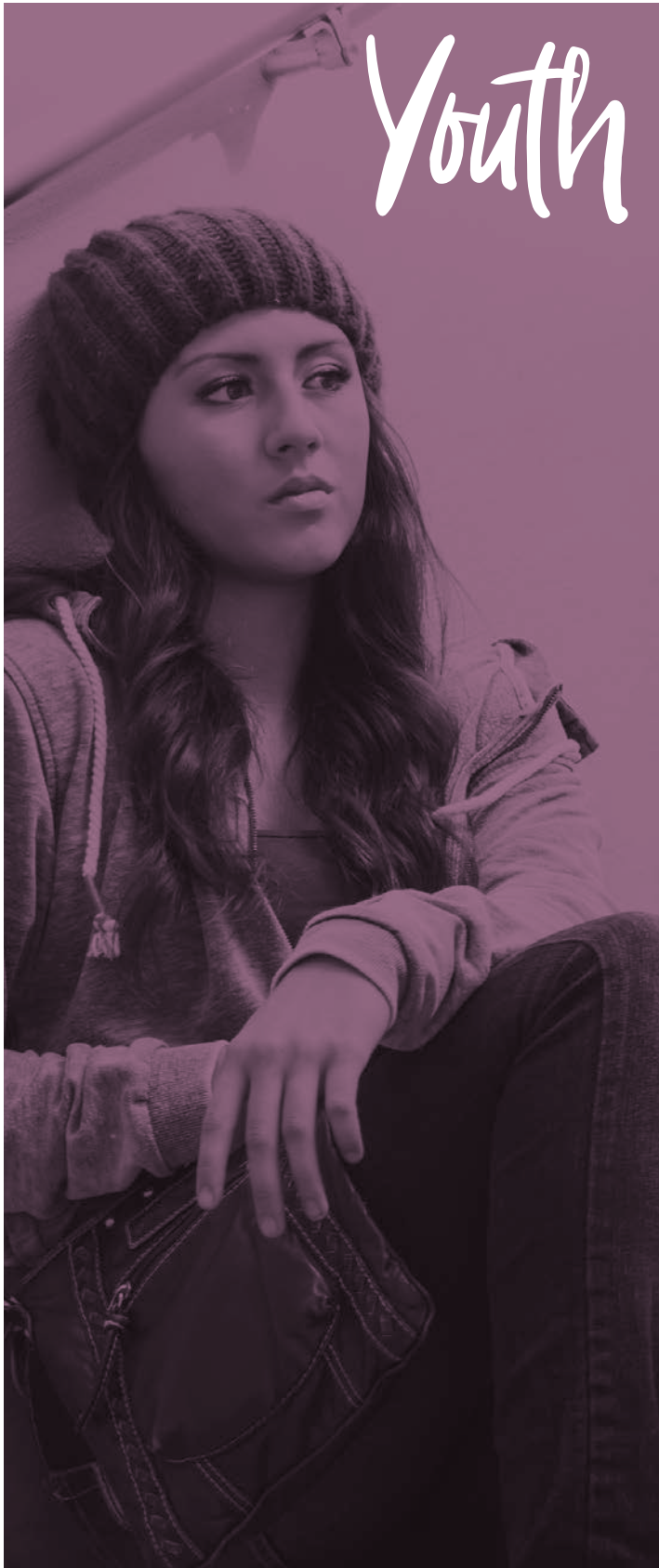




Youth

WHAT TO EXPECT FROM
Child and Youth Mental Health
(CYMH) Services





IF YOU'RE WORRIED ABOUT YOUR OWN MENTAL HEALTH, THERE ARE PLACES YOU CAN GO FOR SUPPORT.

gov.bc.ca/ChildYouthMentalHealth

We'd recommend first contacting your local Child and Youth Mental Health (CYMH) services office.

FOR ASSISTANCE LOCATING CYMH INFORMATION, the nearest CYMH team and locations in your area of BC, CALL 811 or visit: gov.bc.ca/ChildYouthMentalHealth

FOR WALK-IN CLINIC LOCATIONS ACROSS BC, visit: gov.bc.ca/ChildYouthMentalHealthIntakeClinics

WHAT TO EXPECT FROM CHILD AND YOUTH MENTAL HEALTH (CYMH) SERVICES

CYMH is part of the BC provincial government's Ministry of Children and Family Development (MCFD). CYMH is part of the BC provincial government's Ministry of Children and Family Development (MCFD). Offering culturally safe and inclusive services for both Indigenous and non-Indigenous children, youth and their families, as well as teams and contracts throughout the province that provide specialized services.

Your local CYMH office offers a range of free and voluntary mental health services and supports for children and youth up to the age of 19 and who are experiencing moderate to severe mental health concerns. These services can include things like counselling, education or referrals to other specialized programs and resources.

Additionally, in response to the changing times, CYMH has recently adapted service delivery to offer children, youth and their families the option of receiving virtual services through e-Mental Health. Please call your local [CYMH Office](#) for more information on the e-mental health services available in your area and how to access them.

If you're experiencing suicidal thoughts or are thinking about harming yourself or others call 911 or immediately go to your nearest emergency department. For 24/7 Mental Health support call 310-6789 (no area code required) from anywhere in BC.

The role of your parent/caregiver(s) is valuable and where possible it would be important, they are involved in the process and maybe required too based on your ability to consent for services. Children and youth who are struggling with their mental health have better results when their family and/or other caring adults are involved and supportive.

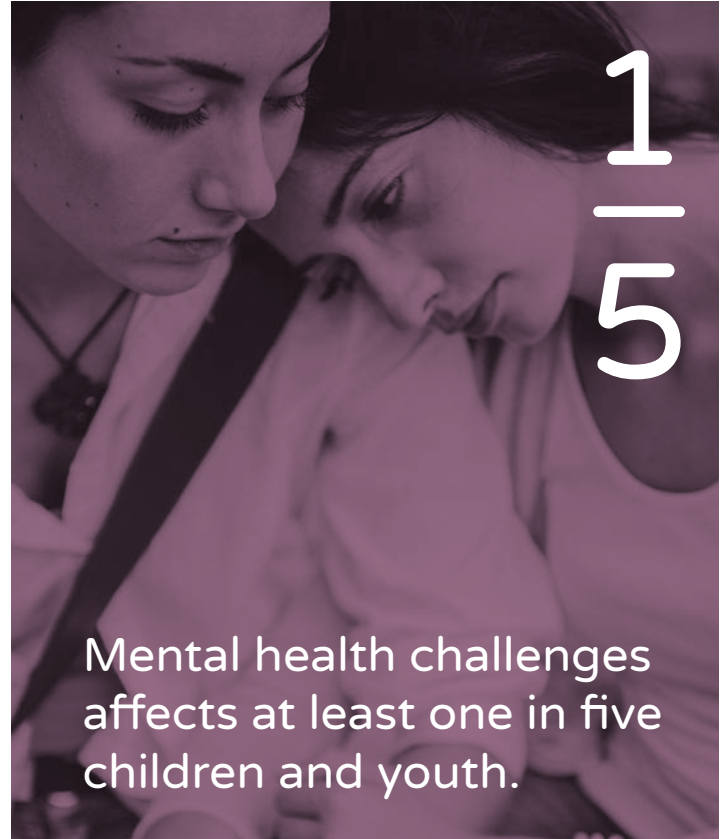


WHAT WILL HAPPEN AT THE FIRST VISIT?

- Contact the CYMH office (gov.bc.ca/ChildYouthMentalHealthIntakeClinics) in your area and find out what day/time the walk-in clinic is available
- Drop-in to the walk-in clinic
- You don't need a referral to see an intake counsellor at CYMH. The intake counsellor probably won't be the same counsellor you end up seeing regularly. You'll be asked to fill out some paper work before seeing an intake counsellor
- You will then speak with an intake counsellor who will ask you about your concerns. They will also ask you a lot of questions and might have you fill out more paperwork. This is to help them get an idea of where you're at right now and what kind of support you might need. At the end of your session, they will give you information on next steps and what to expect.
- There might be a waitlist for services, or you might be referred/redirected to community programs or specialists that could better help you.
- If the intake counsellor is really worried about you and thinks that there is a serious safety or medical concern, you might be asked to go to the hospital. If this is the case, you will be supported in every step of the way.
- If the intake counsellor thinks CYMH services are a good fit for you, you will may be put on a waitlist. The timing for your first appointment will depend on how serious your concerns are, the services available, and the current wait-time. While children and youth with a greater degree of need will be seen first, no child or youth will leave without having a support plan.
- If the intake counsellor thinks other services in your community might be a better fit for you, they will discuss that with you and then make a referral or provide you with all the information you need to be able to make a referral on your own. The door is always open at CYMH. If you're concerns get worse, you can always give us a call and come back.

WHAT HAPPENS ONCE I MOVE OFF THE WAITLIST?

- Once you've been moved off the waitlist you will be assigned a counsellor. On your first visit, the counsellor will talk to you about treatment options. These could include individual, family or group counselling. If you end up being seen by a psychiatrist, then there may



also be medication prescribed as part of treatment. Medication is only prescribed through a doctor or a psychiatrist.

- The counsellor will work together alongside you and practice respect, non-judgment and kindness when communicating.

OTHER THINGS TO NOTE

- The counsellor might talk with other professionals involved in your care. Before any information is shared, the counsellor will ask you for your permission and will explain the reason for the information sharing.
- You can access services at CYMH without your parent/caregiver's permission and there are confidentiality/privacy laws that may not allow counsellors to share all information with parent/caregiver(s).
- You should ask questions. It is important you are very clear in the service you're accessing. Don't hesitate to say something if you don't understand or need more information.
- If things in your life change or your challenges increase while you're on a waitlist, call the CYMH office and let them know. Services could be started sooner.

**YOU CAN ALSO CALL 811 FOR ADDITIONAL HELP
finding a CYMH office in your area.**

HELPFUL RESOURCES AND SUPPORT

FAMILYSMART PARENT & YOUTH IN RESIDENCE are young people and families with lived experience in child and youth mental health. They provide peer support, information, system navigation, and helpful resources.

phone: 1.855.887.8004

web: familysmart.ca/program/parent-youth-in-residence

KELTY MENTAL HEALTH RESOURCE CENTRE

A provincial resource centre that provides mental health and substance use information, resources and peer support to children, youth and their families from across BC.

phone: 1.800.665.1822

web: keltymentalhealth.ca

KUU-US ABORIGINAL 24 HOUR CRISIS LINE

phone: 1.800.588.8717 (24 hours)

Adult/Elder Crisis Line: 250.723.4050

Child/Youth Crisis Line: 250.723.2040

web: kuu-uscrisisline.ca

KIDS HELP PHONE

Call 1 800-668-6868 to speak with one of their professional counsellors 24/7.

Text CONNECT to 686868 to reach a trained volunteer Crisis Responder 24/7.

web: kidshelpphone.ca

FOUNDRY SITES

Offer young people ages 12-24 health and wellness resources, services and supports - online and through centres in communities across BC.

web: foundrybc.ca

HERE TO HELP BC

A comprehensive resource website of the BC Partners for Mental Health and Addictions Information.

web: heretohelp.bc.ca

**For 24/7 Mental Health
support call 310-6789
(no area code required)
from anywhere in BC.**

