

Stress Management Resources for Children & Youth

Websites

Doc Mike Evans – 90:10 The Single Most Important Thing You Can Do for Your Stress

[youtube.com/watch?v=I6402QJp52M&list=PL4TcyUrQ3YhJBImRydm-ytVkPofc3Bffa](https://www.youtube.com/watch?v=I6402QJp52M&list=PL4TcyUrQ3YhJBImRydm-ytVkPofc3Bffa)

Informative and practical video from a Canadian doctor about managing stress.

HealthyMinds App

theroyal.ca/mental-health-centre/apps/healthymindsapp

Problem-solving tool for youth designed to help them deal with emotions and cope with the stresses students encounter both on and off campus. Available through Google Play & App Store.

Healthy Schools BC

healthyschoolsbc.ca/key-focus-areas/school-connectedness/

Problem-solving tool for youth designed to help them deal with emotions and cope with the stresses students encounter both on and off campus. Available through Google Play & App Store.

Here to Help: Stress

heretohelp.bc.ca/publications/factsheets/stress

Provincial website of the BC Partners for Mental Health & Addictions Information includes information on stress and its impact as well as resources related to overall mental health.

Kelty Mental Health Resource Centre

keltymentalhealth.ca or keltymentalhealth.ca/healthy-living

Website includes information and resources on stress, including an interactive Healthy Thinking Activity, an interactive Problem Solving resource, and mindfulness audio and video resources. Also includes the **Healthy Living Toolkit for Families**: keltymentalhealth.ca/toolkit-families

mindcheck.ca

mindcheck.ca or mindcheck.ca/mood-and-stress/stress

Website designed to help youth and young adults in British Columbia check out how they're feeling and quickly connect to mental health resources and support. Website includes information on stress, a stress check quiz, tips for managing stress & self-care resources.

Stresslr

stresslr.ca

A free online web app to help children ages 9-11 to learn about stress, understand how they react to stress, and develop healthy strategies to deal with stress.

Programs

The Psychology Foundation of Canada

psychologyfoundation.org

This Psychology Foundation of Canada has a range of programs and resources, also available in French, including:

- For teachers: **Kids Have Stress Too!®** for grades 1-3; **Stress Lessons** for grades 4-6 and 7-9
- Parenting resources

The BC FRIENDS program

mcf.gov.bc.ca/mental_health/friends.htm

Sponsored by the Ministry of Children and Family Development (MCFD), the BC FRIENDS program is an evidence-based, school-based, anxiety prevention and resiliency program for Kindergarten through to grade 7. There is also an online program for parents (friendsparentprogram.com/)



Stress Management Resources for Children & Youth *(continued)*

Programs *(continued)*

MindUp™

healthyschoolsbc.ca/program/418/mindup

MindUp™ is for Grades K through 8. The classroom-based program provides children with emotional and cognitive tools to help them manage emotions and behaviours, reduce stress, sharpen concentration, and increase empathy and optimism.

Books & Videos

Parent Guide to Building Resilience in Children and Teens: Giving Your Child Roots & Wings

Kenneth R. Ginsburg & Martha M. Jablow

Fighting Invisible Tigers: A Stress Management For Teens

Earl Hipp

The Taming Worry Dragons Program: A Manual For Children, Parents, And Other Coaches

Jane E. Garland, Sandra Clark

See also:

- **The Kid's Guide to Taming Worry Dragons**
- **Tools For Taming And Trapping Worry Dragons Children's Workbook**
- **Worry Taming for Teens**
- **Facilitator's Manual: Coping skills for children with anxieties**

The Relaxation and Stress Reduction Workbook

Martha Davis, Elizabeth Robbins Eshelman & Matthew McKay

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: <https://libraries.phsa.ca/fsrc>

Support Services

Kelty Mental Health Resource Centre Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | kelycentre@cw.bc.ca | youtube.com/user/KeltyMentalHealth

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to 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.

1-800-SUICIDE (1-800-784-2433)

24/7 toll-free number for anyone in BC who is considering suicide or concerned about someone.

Mental Health Information and Support Line

310-6789 (no area code needed)

For 24/7 emotional support, information and resources specific to mental health.

Youth in BC

youthinbc.com

Online chat is available 7 days a week for youth from noon to 1 a.m., in BC and Yukon. Website also provides general mental health information and resources.