

CL Resource List

Updated December 2020

Websites:

1. [Kelty Mental Health Resource Center \(keltymentalhealth.ca\)](http://keltymentalhealth.ca)
A Canadian website with comprehensive information for youth and caregivers on all areas of mental health and substance use. Overviews, videos, webinars and resources on all child psychiatry disorders and special topics (e.g. school refusal).
Specific topics of interest:
 - keltymentalhealth.ca/somatization - Family Handbook, videos, podcast on somatization and the mind body connection
 - keltymentalhealth.ca/medications - Family Handouts on common psychiatric medications used for children and adolescents.
2. [Anxiety Canada \(Anxietycanada.com\)](http://Anxietycanada.com)
A Canadian website with psychoeducation and tools for parents, children/youth.
See <https://drive.google.com/file/d/1Hwnoydn5Di1R9fawhsH7un0jOxtGKAFN/view?usp=sharing> for an overview of this website.
3. BC Children's Hospital Centre for Mindfulness (keltymentalhealth.ca/center-mindfulness)
Mindfulness information and activities for children, youth, families and caregivers, and health professionals.
4. [Pain BC \(Painbc.ca\)](http://Painbc.ca)
A British Columbian website with resources and tools regarding pain.
5. The Foundry (foundrybc.ca/info-tools)
Website for youth 14-24 that includes an information and tools on a variety of health and wellness topics.
6. Center For Parent & Teen Communication (parentandteen.com)
Website with articles, videos, podcasts and social media links to help with evidence based effective parenting and strengths-based communication techniques.
7. Canadian Virtual Hospice (virtualhospice.ca)
Information and support for families and professionals to help with palliative care and grief.
8. [The National Child Traumatic Stress Network \(nctsn.org\)](http://TheNationalChildTraumaticStressNetwork.org)
An American website with factsheets, webinars, podcasts for caregivers of children/youth who have experienced or witnessed traumatic events.

Tools:

1. My Anxiety Plan (MAP) (maps.anxietycanada.com)
Online anxiety management program based on cognitive behavioral therapy (CBT). MAP is a resource for parents and caregivers to “coach” anxious children or teens using practical strategies and tools to manage anxiety. MAP includes six units with 46 lessons.
2. My Care Path (MyCarePath.ca)
Online tool designed for kids and teens aged 12-17 living with chronic pain.
3. The Comfort Ability (thecomfortability.com)
A Comfort Ability Program promotes evidence-based resources and education for adolescents with chronic pain. It runs a group intervention that can be done as a one-day workshop or through several virtual telehealth sessions.
3. Mygrief.ca (mygrief.ca)
A Canadian online resource with nine sections including text and videos developed by a team of bereavement specialists as well as by people who lost a loved one to support people to understand and resolve their grief.
4. Mindshift (anxietycanada.com/resources/mindshift-cbt)
App to help children/youth learn to use CBT tools to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.