

MENTAL HEALTH AND SUBSTANCE USE SUPPORT GUIDE

FOR PARENTS AND CAREGIVERS OF CHILDREN AND YOUTH

This guide has been designed to help you better understand and respond to your child's mental health or substance use. Everyone will navigate through this guide differently depending on their concerns and circumstances.

**TO GET STARTED, CHOOSE THE CATEGORY
THAT BEST DESCRIBES YOUR CURRENT CONCERN:**



FIND HELP

These are different ways to get help for your child's mental health and/or substance use concerns.

TALK TO A DOCTOR

- CONTACT FAMILY DOCTOR
- WALK-IN AT VICTORIA YOUTH CLINIC AT FOUNDRY VICTORIA
www.victoriayouthclinic.ca
www.foundrybc.ca/victoria

OR

TALK TO A COUNSELLOR

- CHILD & YOUTH MENTAL HEALTH
Victoria: 250-356-1123
West Shore: 250-391-2223
Saanich: 250-952-5073
Sooke: 250-642-7748
Aboriginal Team: 250-952-4073
Eating Disorders Team: 250-387-0000
- SUBSTANCE USE
Discovery Youth & Family Substance Use Services
250-519-5313
Umbrella Society
250-380-0595
Youth Detox (non medical)
250-383-3514

OR

TALK TO YOUR CHILD'S SCHOOL

- CONNECT WITH A TEACHER, COUNSELLOR, OR PRINCIPAL AT YOUR CHILD'S SCHOOL

** If there has been current, specific talk about suicide and your child is willing to engage in services call the **High Risk Team**: 250-952-5073 **

FIND INFO

Connect with local resources and information to learn more about mental health and substance use.

RESOURCES

- www.keltymentalhealth.ca
- www.anxietycanada.com
- www.familysmart.ca/programs/in-the-know
- www.vicrisis.ca P: 1-888-494-3888
- www.bc211.ca P: 211
- www.heretohelp.ca
- www.foundrybc.ca

COMMUNITY AGENCIES WITH YOUTH SERVICES

- Youth Empowerment Society: www.vyes.ca
- Victoria Native Friendship Centre: www.vnfc.ca
- Intercultural Association: www.icavictoria.org
- Pacific Centre Family Services Association:
www.pacificcentrefamilyservices.org
- Neighbourhood Houses:
www.quadravillagecc.com/coalition-neighbourhood-houses

URGENT HELP

The following is for a child whose safety is imminently at risk (suicide, life-threatening injury or mental health concerns).

If you need help getting the child to the hospital, call 911 or call the Vancouver Island Crisis Line: 1-888-494-3888

HOSPITAL OPTIONS

Age Specific

• VICTORIA

Under 17 yrs:

Victoria General Hospital
📍 1 Hospital Way

17 yrs and older:

Royal Jubilee Hospital
📍 1295 Bay Street

• SAANICH

12-24 yrs:

Saanich Peninsula Hospital
📍 2166 Mt Newton X Road

SUPPORT FOR YOU

Common hurdles caregivers come up against are waitlists, long assessment times, and feeling like they could use some support. There may also be concerns a child might be self-medicating, unable or not ready to seek help/services, or exhibiting a behaviour that may have become serious.

- **KEEP YOUR SUPPORT SYSTEM IN THE LOOP.** *Follow-up with providers who have assisted your child to update them on your child's behaviour.*
- **IDENTIFY OTHER PEOPLE WHO MAY BE A PART OF YOUR CHILD'S SUPPORT TEAM.** *Who are important people in their life? Examples: Their friend and/or friend's mom, TA or EA at school, Elder or grandparent.*
- **CHECK OUT HELPFUL ONLINE RESOURCES** *such as Family Smart's online video library, www.familysmart.ca/programs/in-the-know and Kelty Mental Health www.keltymentalhealth.ca.*
- **ENSURE YOU HAVE SUPPORT:**
*Contact Family Smart directly & speak to the local Parent in Residence: info@familysmart.ca or 1-855-887-8004
Discovery Youth and Family Substance Use Services also offers support for parents: (250) 519-5313*

FIND HELP

**URGENT
HELP**

**FIND
info**