

## BC Children's Kelty Mental Health Resource Centre

- Information and resources on a wide range of mental health and substance use challenges affecting children and youth
- Peer support provided by FamilySmart® Parents-in-Residence
- Help navigating the mental health system
- Resources and peer support for individuals of any age with an eating disorder or a disordered eating concern
- Options for support and treatment in BC
- Free education events and podcast series for parents, as well as school and health professionals
- Tips for self-help and prevention

All information and services are free of charge and open to children, youth, and families, as well as school and health professionals in BC.

We have information on:

Addictions

Anxiety

Attention-Deficit /  
Hyperactivity Disorder

Autism

Concurrent Disorders

Depression

Eating Disorders

Mood Disorders

Obsessive-Compulsive Disorder

Psychosis

Schizophrenia

Self-Help and Prevention

Self-Injury

Stress Management

Substance Use

Suicide Prevention

Trauma

and more...