



Provincial Health Services Authority

**Kelty
Mental
Health**
Resource Centre

BC's information source for children, youth, and families

Not sure who to talk to about your child or teen's mental health?

We offer free mental health information and support for BC families including:

- Information and resources on a range of mental health and substance use challenges
- Peer support from parent peer support workers
- Resources for individuals of any age with an eating disorder or a disordered eating concern
- Help navigating the mental health system
- Free educational events

For more information and how to reach us:

- W** keltymentalhealth.ca
- E** keltycentre@cw.bc.ca
- TF** 1 800 665 1822