

Resources

FamilySmart – familysmart.ca info@familysmart.ca 1-855-887-8004

BC Children's Kelty Mental Health Resource Centre: kelymentalhealth.ca
kelycentre@cw.bc.ca 1-800-665-1822

Foundry: foundrybc.ca (wellness resources for youth ages 12-24)

'Where You Are' – Kelty Centre Podcast: Listen at
kelymentalhealth.ca/podcast

In the Know - familysmart.ca/program/itk/

Stresslr – Stresslr.ca (online stress management resources for children under 12).

Taming Worry Dragons - kelymentalhealth.ca/twd

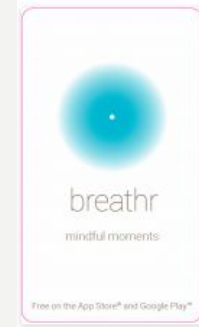
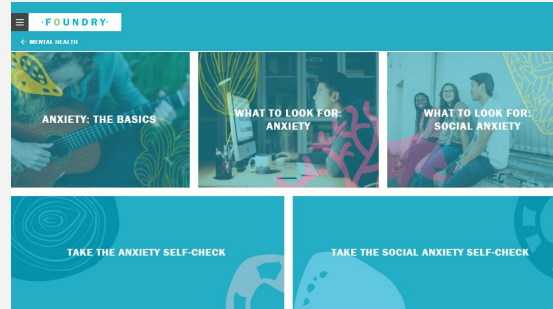
Anxiety Canada – anxietycanada.com

STRESS & ANXIETY RESOURCES

For Children - Stresslr.ca

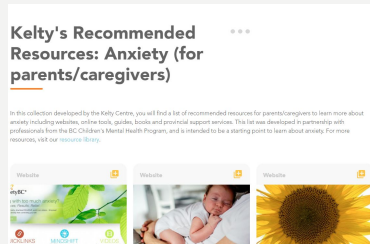


For Youth: Foundrybc.ca



Breathr App

For Parents and Caregivers:



Kelty's Recommended Resources



Kelty Centre Podcast



More anxiety resources on our websites at:
keltymentalhealth.ca familysmart.ca



Mindshift CBT App