

## A Few Resources & Information to get you started...

### Mental health resources and supports:

- [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) – mental health, substance fact sheets, tips & links to excellent Canadian sites [Understanding Substance Use](#), [Helping People Who Use Substances](#)
- [www.teenmentalhealth.org](http://www.teenmentalhealth.org) teen brain, development, sleep, behaviour, MH supports
- <https://www2.gov.bc.ca/gov/content/erase> expect respect & a safe education. BC Ministry of Education website on MH and SU
- <https://foundrybc.ca/> – health and wellness resources, services and supports – online and through integrated service centres in seven communities across BC.
- [www.camh.ca](http://www.camh.ca) – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use.
- [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) – BC's Mental Health Resource Centre offering support from professionals, parent peer support, educational events, resources and information & links to excellent Canadian sites

### Substances, Society, and Interactive Resources:

- [www.mcs.bc.ca](http://www.mcs.bc.ca) – The McCreary Centre Society researches and publishes the Adolescent Health Survey (AHS). Up-to-date BC stats.
- [www.camh.ca](http://www.camh.ca) – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use.
- [www.drugcocktail.ca](http://www.drugcocktail.ca) – the 200 most commonly prescribed medications for youth and risks associated with alcohol, cannabis and other drug combinations
- <https://www.uvic.ca/research/centres/cisur/> Canadian Institute for Substance Use Research, U Vic.
- <https://myhealth.alberta.ca/alberta/Pages/information-for-young-people.aspx> fact sheets
- CBC: David Suzuki's The Nature of Things: The Downside of High  
<http://www.cbc.ca/player/Shows/Shows/The+Nature+of+Things/2009-10/ID/1398511775/>

### Online Safety, Gaming, Social Media, and Resources:

- [www.cybertip.ca](http://www.cybertip.ca) includes a guide on Self/peer exploitation for families developed the Canadian Centre for Child Protection [https://www.cybertip.ca/app/en/internet\\_safety-self\\_peer\\_exploitation](https://www.cybertip.ca/app/en/internet_safety-self_peer_exploitation)
- [www.thedoorthatsnotlocked.ca](http://www.thedoorthatsnotlocked.ca) quizzes, games, guidelines for families
- [www.knowdice.ca](http://www.knowdice.ca) Gambling prevention: educational information for parents, youth and adults

### Understanding Teen Development:

- [www.teenmentalhealth.org](http://www.teenmentalhealth.org) teen brain, development, sleep, behaviour and parenting
- Book: *Brainstorm: Power and Purpose of the Teenage Brain*, by Daniel J. Siegel, M.D.
- CBC: David Suzuki's The Nature of Things: Surviving the Teen Brain  
<http://www.cbc.ca/player/Shows/Shows/The+Nature+of+Things/2011-12/ID/2188547727/>