

KEY CONTACTS

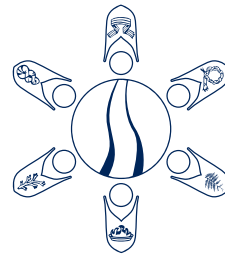
CIRCLES ONE THROUGH FOUR:

Team Assistant

CIRCLES FIVE AND SIX:

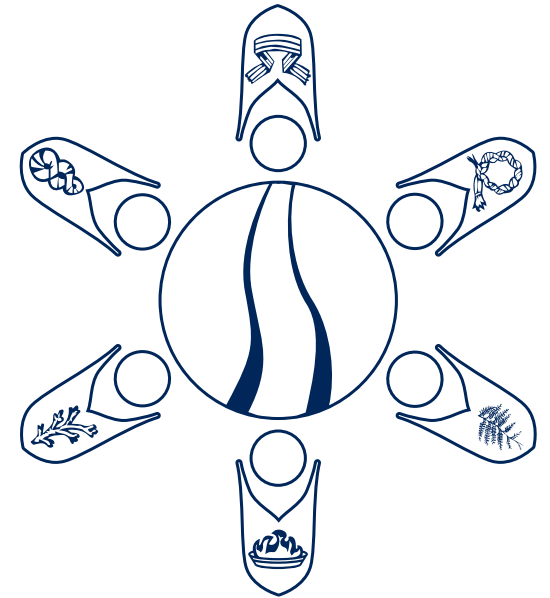
Team Assistant

OUTREACH WORKER FOR YOUR AREA:



**Aboriginal Child
& Youth Mental
Health Services**

Ministry of Children and Family Development



“
**Every child
is different.
Every child
has a gift.**
”



WHAT IS ABORIGINAL CHILD AND YOUTH MENTAL HEALTH?

This program works with children and youth from 0 – 18 years old who identify as Aboriginal, Métis, Inuit, status and non-status.

The Aboriginal Child and Youth Mental Health (ACYMH) program ensures mental health services are respectful of traditional teachings and accessible to the Aboriginal community.

ACYMH strives for an holistic view of health as set out on the medicine wheel, taking into account the spiritual, the physical, the mental and the emotional.

WHAT TYPES OF SERVICES DOES THE ABORIGINAL CHILD AND YOUTH MENTAL HEALTH TEAM PROVIDE?

- » **Community Education**
The team delivers workshops and groups on mental health awareness, prevention and wellness.
- » **Help with getting help**
The team can support access to community services that are respectful of culture.
- » **Mental Health Counseling Services**
Most circles will have dedicated clinicians who will see clients in office or out in the community.

WHAT ARE SOME POSSIBLE SIGNS OF A MENTAL HEALTH CONCERN?

Changes in feelings, thoughts and behaviours that are affecting a child's ability to enjoy life. For example:

- » Sleeping more or less than usual.
- » Eating more or less than usual.
- » Excessive fear of people, places, or situations.
- » Not participating in things that used to bring enjoyment.
- » Suicidal thoughts.
- » Hearing voices, seeing things that aren't there, unusual beliefs.

** While some of these signs can be normal at different stages of a young person's life, they may also indicate a problem.*

WHO CAN ACCESS ACYMH ON THE BEHALF OF CHILDREN AND YOUTH?

- » Youth can self-refer
- » Parents
- » Caregivers
- » Teachers and school counselors
- » Doctors
- » Community professionals

FOR MORE INFORMATION

Additional information about mental health services can be found at:

www.heretohelp.bc.ca
(Confidential message board, contacts, health information)

www.youthinbc.com
(Youth site with health, email/telephone support)

www.ayn.ca
(Aboriginal health awareness, culture, lifestyle site for youth)

EMERGENCY AND CRISIS NUMBERS

Mental Health Information Line

1 (800) 661-2121

Helpline for Children

(toll free, no area code needed)
310-1234

Suicide Line

1 (800) suicide (784-2433)

Fraser Valley Regional Crisis Line 24/7

(serving Mission, Abbotsford, Chilliwack, Agassiz-Harrison, Hope, Yale and Boston Bar)
1 (877) 820-7444

Online crisis chat www.YouthinBC.com

1 (866) 661-3311

Kids Help Phone

1 (800) 668-6868

For severe mental health crises

911

KUU-US

(Province-wide crisis line that specializes in first nation issues 24/7)
1 (800) 588-8717

Sex Sense Line

(A confidential phone information line about sexuality, birth control, AIDS, sexually transmitted infections and pregnancy options)
1 (800) 739-7367