



Mental Health Resources for Children and Youth



Addictions Foundation of Manitoba – Youth Programs & Services

1 (204) 944-6200

- Programs are designed to help youth look at their alcohol, drug or gambling involvement to see if it is affecting their life in a negative way. Youth are able to meet with compassionate counsellors trained in understanding youth issues.

Aurora Family Therapy

1 (204) 786-9251 or 1 (204) 789-4259 (Newcomer Services)

- The Aurora Family Therapy Centre is committed to providing systemic therapy to strengthen family relationships, individuals, and communities through cross-cultural and trauma-informed care.

Child and Adolescent Mental Health Centralized Intake – Manitoba Adolescent Treatment Centre

1 (204) 958-9660

- MATC offers a wide range of mental health services for children and adolescents who experience psychiatric and/or emotional crises. MATC can also assist the process of redirection to other appropriate agencies and programs.

Family Navigator Program – Macdonald Youth Services

1 (204) 452-0551 or 1 (844) 452-0551

- Can assist with finding mental health and other resources in Manitoba for young people aged 13 to 24. This program helps families identify and connect with the right help for their children's needs.

Gender Dysphoria Assessment and Action in Youth (GDAAY)

1 (204) 787-2490

- Mental health professionals assist in the assessment and treatment of gender dysphoria including eligibility and readiness for physical treatment. The GDAAY team offers coordinated and integrated care for youth along the spectrum of gender dysphoria. They can provide youth and their families with supportive services including assessment and treatment.

Kids Help Phone

1 (800) 668-6868

- Kids Help Phone is a Canadian 24/7 national support service. They can offer professional counselling information, referrals, and volunteer-led, text-based support to young people in both English and French.

Manitoba Advocate for Children & Youth

1 (204) 988-7440 or 1 (800) 263-7146

- The Manitoba Advocate for Children and Youth (MACY) advocates and reviews public services in Manitoba to ensure they are meeting the needs of children, youth, and young adults up to 21 years of age. They review services such as: Child Welfare, Mental health, Youth Justice, Adoption, Addiction, Education, Disabilities, and Victim support.

Mood Disorder Association of Manitoba – Youth Programming

1 (204) 786-0987

- Youth programming that offers education and support to youth 9-19 years struggling with a mental illness. Programming includes support groups, peer support and camps.

Nor-West Co-op Youth Hub

1 (204) 221-9800

- An integrated service center for youth aged 14-24 which offers services in the following areas: Youth mental health counselling, Indigenous youth counselling and support, youth addictions counselling, youth employment services and support, youth primary health care, and youth recreation and training opportunities.

Rainbow Resource Centre

1 (204) 474-0212

- Rainbow Resource Centre offers support to the LGBT2SQ+ community in the form of counselling, education, and programming for individuals ranging from children through to 55+. They are also able to provide support to families, friends, and employers of LGBT2SQ+ individuals.

Youth Addictions Centralized Intake

1 (877) 710-3999

- A Provincial service that offers information and support to parents regarding the Youth Drug Stabilization (Support for Parents) Act. The service assists Manitobans in navigating the continuum of youth addiction services and identifying an appropriate program by connecting with an addictions counsellor who can help individuals find a suitable program in the community.

Youth Crisis Stabilization System (YCCSS)

1 (204) 949-4777

- Provides youth under 18 and their families with a range of community-based crisis intervention services including intake services and the Mobile Crisis Team with access to the Brief Therapy Team, Crisis Stabilization Units, Home Based Crisis Intervention Services, and the Youth Education Service (YES).

Youth Resource Centre & Emergency Shelter – Macdonald Youth Services (MYS)

1 (204) 477-1804

- The MYS Youth Resource Centre (YRC) and Emergency Shelter is open 24 hours/day, 365 days/year. Youth aged 12-17 can access short-term, overnight, emergency stays, as well as crisis intervention and counselling services, advocacy, and basic needs like food, hygiene, clothing and a shower.

Resource Assistance for Youth (RAY)

1 (204) 783-5617

- RaY is non-judgmental and non-partisan organisation, employing a harm reduction approach to all interactions with youth in need. This non-profit street-level agency works with unhoused youth up to the age of 29.

Apps for Children's Mental Health

- MindShift (Android, iPhone, iPad).
- Moodpath: Depression & Anxiety (Android, iPhone, iPad).
- Smiling Mind (Android, iPhone, iPad).
- Breathe, Think, Do with Sesame (Android, iPhone, iPad).
- Mindful Powers (Android, iPhone, iPad).
- Children's Bedtime Meditations (Android, iPhone, iPad).
- For Me (iPhone, iPad).
- The Zones of Regulation (iPhone, iPad).
- Headspace: Guided Meditation (Android, iPhone, iPad).
- Worry Watch (iPhone, iPad, iPod Touch).
- Nature Melody (iPhone, iPad, iPod Touch).
- Kids Yogaverse: I Am Love (iPhone, iPad, iPod Touch).
- Be Safe (Android, iPhone, iPad).

Websites and Other Resources

- <https://mindyourmind.ca/> (Tools Available in Inuktitut).
- <https://www.erikaslighthouse.org/the-toolbox/>
- <https://www.anxietycanada.com/>
- <https://kidshealth.org/en/kids/depression.html>
- <https://www.healthyplace.com/parenting>
- <https://childmind.org/>
- [http://www.shared-care.ca/files/Interactive Games Revised April 2015.pdf](http://www.shared-care.ca/files/Interactive_Games_Revised_April_2015.pdf)
- <https://mytoolkit.ca/>
- https://www.caringforkids.cps.ca/handouts/mental_health
- <https://www.ccmhs-ccsms.ca/mental-health-resources-1>
- <https://edu.ymhc.ngo/resources-and-tools/>



STRATEGIES TO SUPPORT YOUR ANXIOUS CHILD



SLEEP

Promote good sleeping habits & ensure adequate sleep.



PROBLEM SOLVING

Teach your child problem solving skills



EXERCISE

Encourage daily exercise to support relaxation & better sleep



MODEL

Model healthy ways of handling anxiety for your child.



COPING

Encourage independence so your child can learn that he/she can cope with stress. This builds resilience!



RELAXATION

Teach relaxation strategies, such as deep breathing, to help your child learn to relax his/her body.



BRAVE BEHAVIOUR

Encourage & reward brave behaviour to build your child's self-confidence.



PROFESSIONAL HELP

Seek help from a mental health professional.



FEELINGS

Teach your child to name feelings so he/she has language to understand & express his/her emotions.



EXPOSURE

Support your child to gradually face fears despite anxious feelings. Avoid avoidance!



CELEBRATE

Praise & celebrate your child's efforts & progress in facing his/her fears, no matter how small.



VALIDATE

Acknowledge & validate your child's anxious feelings while expressing confidence in his/her ability to cope.



STAY HOPEFUL

Maintain an encouraging & positive attitude when approaching your child. Progress may take time.



KIDTHINK.
healthy minds, thriving children

Call us: 431.388.5373
E-mail us: info@kidthink.ca
Visit us: www.kidthink.ca

