



First Nations Health Authority  
Health through wellness

# Mental Health and Wellness Resources for Youth

Even though we need to keep our physical distance during the COVID-19 pandemic, we don't need to be alone on our journeys. Support is available! Here are some services, apps and practices that may provide help and healing during these uncertain times.

## Box Breathing

Box breathing is a powerful practice for calming your nervous system. Breathe in for four seconds, hold your breath for four seconds, and exhale for four seconds. Try it out using the GIF below, courtesy of healthline.

<https://www.healthline.com/health/box-breathing#slowly-exhale>

## Tsow-Tun Le Lum Society

Do you need guidance from an Elder? Could you use a prayer or a virtual smudging? Tsow-Tun Le Lum can help! Just call them to set up a meeting time at: 1-888-590-3123 (toll-free).

## Insight Timer

Join thousands of other youth who are learning to meditate on Insight Timer. This app will help calm your mind and reduce anxiety. Insight Timer is totally free and has over 30,000 guided meditations.

<https://insighttimer.com>

## Foundry BC

Foundry BC is a one-stop-shop for youth wellness. They are now offering virtual drop-in counselling for youth across BC. To book an appointment, call: 1-833-FØUNDRY (1-833-308-6379)

## Child & Youth Mental Health Walk-in Intake Clinics

Are you looking for mental health support or services in your area? Call your local CYMH Office for virtual or telephone services. Visit the website [here](#).

## Youth in BC Online Chat

YouthinBC.com is an on-line crisis chat service for youth who need a safe place to find support or simply someone to listen without judgement. You can chat about anything you want to: suicide, sexuality, depression, stress, relationship conflicts and much more. Online chat is available from Noon to 1 a.m. Visit: [www.youthinbc.com](http://www.youthinbc.com)

## Youth Against Violence Line

If you are concerned about your own safety, the safety of others, or experiencing sexual abuse, text 604-836-6381 or call 1-800-680-4264. Service is available 24/7 and is completely anonymous. Visit: <http://www.youthagainstviolenceline.com> for more information.

## Kuu-Us Crisis Line

The KUU-US Crisis Line Society operates 24/7 and has a line just for youth. Call: 250-723-2040 or 1-800-588-8717 (toll-free).

Which resources are you are using to keep well during COVID-19? We want to know what you think works. Email us at: [youth@fnha.ca](mailto:youth@fnha.ca)

**If you or someone you know is in crisis, call 911 now.**