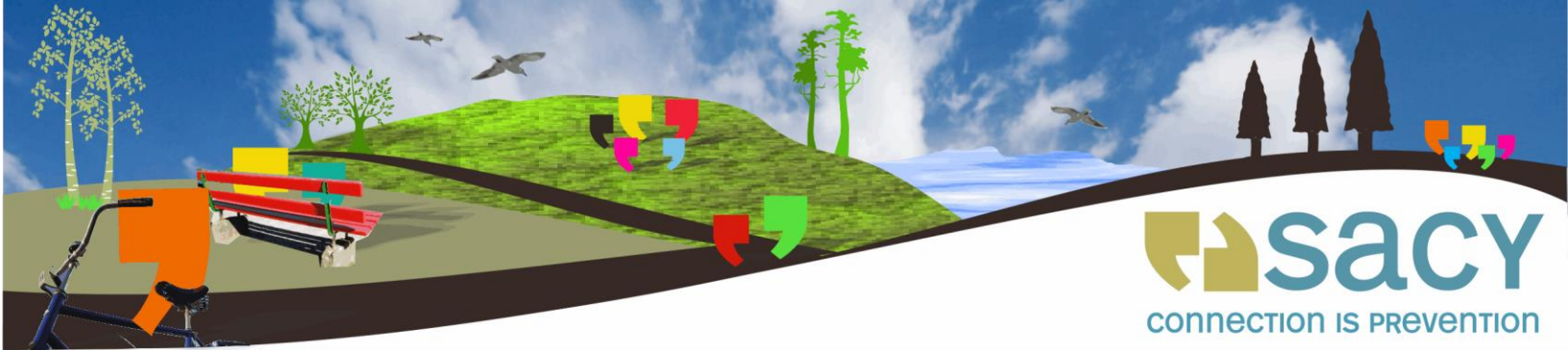




A Few Resources & Information to get you started...

Mental health resources and supports:

- www.teenmentalhealth.org teen brain, development, sleep, behaviour, mental health supports
- www.heretohelp.bc.ca – mental health, substance fact sheets, tips & links to excellent Canadian sites
- www.mindcheck.ca – practical activities and articles for youth and adults.
- www.camh.ca – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use. Check out “evaluate your drinking” quiz
- 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 – The McCreary Centre Society researches and publishes the Adolescent Health Survey (AHS) (with provincial government, public health system, and BC’s school districts). Up-to-date BC stats.
- www.xperiment.ca – interactive games, videos and info from Canadian Centre on Substance Abuse
- www.camh.ca – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use. Check out “evaluate your drinking” quiz
- www.drugcocktail.ca – the 200 most commonly prescribed medications for youth and risks associated with alcohol, cannabis and other drug combinations
- www.carbc.ca Centre for Addiction Research BC (CARBC) at University of Victoria
- 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 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
- www.thedoorthatsnotlocked.ca quizzes, games, guidelines for families
- www.knowdice.ca Gambling prevention: educational information for parents, youth and adults

Understanding Teen Development:

- 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/>

More resources and support through your school’s SACY worker: www.vsb.bc.ca/SACY/contacts