

Child and Youth Mental Health & Wellness Resources

Interior Region Mental Health and Wellness First Nations Health Authority



The Interior Region would like to share this quick reference guide to Youth Mental Health and Coping resources in the region.

Coping at Home

CRISIS & TRAUMA

There are many different kinds of incidents that can cause trauma. For First Nations people, the impact of colonialism has been traumatizing for individuals, families, communities and Nations. When we experience trauma or if something reminds us of our past trauma, we may experience:

- Difficulty concentrating
- Having a hard time staying focused
- Restlessness, irritability or anger
- Hypervigilance - being on “high alert” all of the time
- Body aches and pains
- Feelings of hopelessness and despair
- Difficulty talking about traumatic feelings and experiences
- Difficulty with relationships and intimacy

Trauma is serious but we can heal. Therapy can include our cultural and spiritual practices.

KUU-US Crisis Line Society: 24-Hour Indigenous-Based Support

P: 250.732.2040 (Child & Youth-Specific Line)

W: <https://www.kuu-uscisline.com/>

Tsow-Tun Le Lum: Outreach Services & Cultural Support

P: 1.888.403.3123

E: info@tsowtunlelum.org

W: <https://www.tsowtunlelum.org>

Indian Residential School Survivors Society: 24-Hour Culturally Safe Support

P: 1.800.721.0066

E: reception@irsss.ca

W: www.irsss.ca



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Additional Resources

Foundry BC: Mental Health & Substance Use Services

Supporting Youth (12-24 years) with Mental Health & Substance Use

Penticton Location: #501 Main St., Penticton BC V2A 5C6.

- P: 778.646.2292
- E: FoundryPenticton@OneSkyCommunity.com

Kelowna Location: #100-1815 Krischner Rd., Kelowna BC V2Y 4N7.

- P: 236.420.2803
- E: FoundryKelowna@cmha.bc.ca

Website:
<https://foundrybc.ca/>



First Nations Health Authority: Mental Health & Wellness Service Coverage

See the link below or scan the QR Code to access a comprehensive map of Mental Health Providers included in *FNHA's Mental Health Coverage*.

Website:
<https://www.fnha.ca/benefits/mental-health>



Wellness Together Canada: Online Mental Health & Wellness Supports

See the link below or scan the QR Code to access Mental Health and Wellness support virtually.

Website:
www.wellnesstogether.ca



Going Forward...

Acknowledge that trauma has occurred. Know that what you are thinking and feeling is because of trauma and crisis; which is a natural response to these events. You can explore what self-care looks and feels like for you. Try different strategies to support healing. Self-care practices can include:

- Cultural practices and ceremony, including personal cleansing, taking a walk with the intention to heal, or praying
- Strong social connections with family and friends
- Healthy routines and healthy eating habits
- Exercise
- Counselling

AFFIRMATIONS ARE POWERFUL!

Our thoughts are powerful tools and can change how we feel and behave. Affirmations can shift negative thought patterns and behaviours into positive ones. What we say has an energy to it and affects ourselves and those around us. Speaking positively is like making a request to the universe. Affirmations can be positive reminders or statements that we use for feeling secure, increasing self-esteem, and becoming more positive, to name a few.

Affirmations can come from within ourselves (by creating them to fit what we need at the time) or they can be something that resonates with us.

Try an Affirmation!

Start your day in a good way by writing down an affirmation that resonates with your energy

1. The Creator has chosen this journey for me because I can do it.
2. I create a safe and secure space for myself wherever I am.
3. Everything I have is a gift from the Creator.
4. I am connected to the Creator of all good things.
5. I give myself permission to do what is right for me.
6. I use my time and talents to help others _____ [fill in the blank].
7. What I love about myself is my ability to _____ [fill in the blank].
8. I feel proud of myself when I _____ [fill in the blank].
9. I give myself space to grow and learn.
10. I allow myself to be who I am without judgment.
11. I trust myself to make the right decision.
12. I am grateful to have people in my life who _____ [fill in the blank].
13. I am learning valuable lessons from myself every day.
14. I am at peace with who I am as a person.
15. I make a difference in the world by simply existing in it.
16. My ancestors are proud of me and watch over me lovingly.