

Health Resources

[HealthLinkBC](#)-NEW! HealthLinkBC is the gateway to access non-emergency health information services in BC. It is also a collection of print (BC HealthGuide handbook and HealthLinkBC Files), and telephone resources, which put both services and health information into the hands of BC residents.



[Health-Promoting Schools](#)-NEW! School District 23 has signed on to HPS, An internationally recognized framework for supporting improvements in students' educational outcomes while addressing school health in a planned, integrated and holistic way. This site present information and resources for students, parents, and teachers.

[KidsHealth.org Parents Page](#)- from Nemours, a U.S. non-profit organization, focused on children's health. The index links include General Health, Emotions and Behaviour, Positive Parenting (includes education topics), First Aid & Safety, and more.

Emotional and Mental Health

[FORCE Society for Kids' Mental Health](#) -Provides information, tools & tips on how to support & assist children with mental health difficulties.

[Here to Help](#) (7 Partner Agencies) -Help for individuals & families to learn how to prevent, recognize, treat & manage mental health problems. Includes WithinSight e-news, mental health resources for multicultural communities.

[Kelty Mental Health Resource Centre](#) -Mental Health Resources for children, youth and families.

Specific Topics:

Anxiety-[AnxietyBC](#) Provides self help toolkits, brochures, newsletters to support children & youth with anxiety concerns.

Autism-[Autism Spectrum Disorder](#)-the BC Ministry of Children and Family Development information and resources pages

Depression-[Dealing With Depression](#) Youth Depression workbook (67 page) on-line and downloadable.

Alcohol, Drug, and Tobacco Abuse Prevention

[Preventing Drug Abuse Among Children and Adolescents](#)-A guide for parents, educators, and community leaders (from NIDA, The National Institute on Drug Abuse, part of the US National Institutes of Health).

[Help Your Child Avoid Drugs of Abuse](#)-Explains how common addictive drugs work, and the symptoms of their use (from National Institutes of Health, US).