



MENTAL HEALTH MATTERS

Child and Youth Mental Health Day 2024

01

What Is The Reason For The Day?

Child and Youth Mental Health Day was founded by FamilySmart in 2007. The aim of the day is to build “caring connections between young people and the caring adults in their lives”. This day is a great opportunity for us to create awareness, reduce stigma and have discussions about our mental health.



02

Why Is Our Mental Health Important?

Our health and wellbeing include not only our physical bodies but also our minds and our emotions. Each part of us helps us to cope with the stresses and challenges we face in life. When we're at our best we are able to handle and deal with daily activities and navigate changes. Our mental health also contributes to how we see ourselves and others. Good or positive mental health helps us to have healthier relationships, better productivity and a higher quality of life. Does everything go well all the time? No, but we can learn skills and tools that can help us deal or manage the difficulties that we might face. This is why it is important to take care of your mental health and seek help and support when you need it.. You're not alone. Reach out if you need help.

03

Helpful Resources

- The AYC (www.abbyouth.com) – We have lots of fun and exciting opportunities now and in the future that can also help you with your mental health.
 - If you're looking for somewhere to connect with people your age, why not come and join us at our drop-in youth centre at MRC or ARC (everyday after school 2:30-4:30 and till 8pm on Fridays 🧡 when school is open) for ages 12-18.
 - Want to learn more about mental health through activities and discussion. Then join our mental health & resilience group – FOCUS. Click [here](#) to learn more.
 - Are you interest in building healthy wellbeing habits in the summer. Join us for our Mindful Mornings [summer camp](#).
 - Looking for a space to pause or give your brain a break during the summer. Join us for Artful Moments, every Tuesday @ 2:30-3:30 from July 2nd – Aug 20th .
- The Foundry (www.foundry.ca) – They support young people in living a good life. It is an integrated health and wellness service for young people ages 12-24. They have great in person and virtual resources.
- Abbotsford Hospice and Grief Support Society (www.abbotsfordhospice.org) – They provide help to children, youth, adults and their families as they cope with grief, death and dying.
- Archway community services: Youth Resource Centre (www.archway.ca/program/youth-resource-centre/) – The Youth Resource Centre (YRC) is a one-stop-shop for youth and their families who want a helping hand to connect with each other and/or the community.
- Fraser Health: [Child and youth mental health resources](#) – This page has lots of helpful mental health links and resources.



If you find yourself in need of immediate help, call Emergency Services – 911

This years Child and Youth Mental Health Day resource is sponsored by



04

Crisis lines

- Fraser Health crisis line – 604-951-8855 or 877-820-7444
- National Suicide Crisis Helpline – Call or text 988
- BC Suicide and prevention line – 1-800-784-2433
- BC Mental Health & Crisis Response – 310-6789
- Kids Help Phone – text CONNECT to 68-68-68

