

Mental Health and Digital Safety Resources for Families in the Cowichan Valley

Summer 2026

Community Mental Health Services

1. Integrated Child and Youth Teams (ICY) located at 1033 Nagle Street (MacKirdy Building):

- **Summer Groups – July 14th – August 28th**
 - **Big Feelings: Tuesdays (10am – 12pm) Ages 9-12**
 - A group to improve emotional awareness, increase regulation skills, and practice emotional expression. Parents are welcome to stay on-site and join our Family Peer Support Worker for a parenting support group offered at the same time.
 - **Therapeutic Art: Thursdays (2pm – 3pm) Ages 13-18**
 - Creatively express yourself and process emotions while exploring different art techniques and mediums. All supplies included.
 - **Family Drop-In: Wednesdays (10am – 12pm)**
 - All ages welcome. Join our team's Family Peer Support and Youth Peer Support workers for a morning of family fun – snacks, tea and coffee provided. Children under 12, please be accompanied and supervised by an adult.
 - **Youth Drop-In: Wednesdays (2:00pm – 4:00pm)**
 - Ages 12+ welcome. Join our team's youth peer support workers for an afternoon of activities, crafts, laughs, friends and snacks.

2. Duncan Child & Youth Mental Health (CYMH):

- Children and youth (0-18 years) and their families can access free, in-person services for moderate to severe mental health concerns
 - Clinic located at: 161 Fourth Street, Duncan | Phone: 250 715 2725
 - [What to Expect from CYMH Services](#)
- [Responding to Children & Youth After Unforeseen Frightening Events](#)
 - A recorded webinar for parents, caregivers, and community members

3. [Cowichan Valley Youth Services \(12+\):](#)

- Provide a wide range of programs and support services to meet the diverse needs of youth and their parents and caregivers throughout the Cowichan region
- Phone: 250-748-0232 | Email: office@cvyouth.ca

4. [Cowichan Lake Community Services:](#)

- Provide a range of programs including family preservation, strengthening families, supervised access, and child and youth mental health
- To start the intake process, phone: 250-749-6822

Other Services

1. [BC Crisis Line Network:](#)

- Call 310-6789 for BC Mental Health and Crisis Response Support
- The Network operates 24 hours a day, seven days a week and provides lifesaving crisis intervention, suicide risk assessment, and strengths-based collaborative safety planning and follow-up to vulnerable British Columbians

2. [BC KUU-US Indigenous Crisis and Support Line:](#)

- Call 1-800-588-8717 or 1-800-KUU-US17 for BC Wide Indigenous Toll-Free Crisis and Support Line
- Services and programs include risk assessment, 24-hour phone support, and ASIST program overview

3. [First Nations Health Authority – Mental Health and Wellness Supports:](#)

- Supports available include:
 - Culturally Safe and Trauma-Informed Services
 - Support Available 24 Hours a Day
 - Other Culturally Safe Supports
 - Services Covered by First Nations Health Benefits
 - Suicide Prevention Toolkit

4. [FamilySmart:](#)

- Support for parents and caregivers whose children are experiencing mental health and/or substance use challenges
- Resources include family peer support and workshops

5. [Foundry Virtual BC:](#)

- Young people aged 12-24 and their caregivers can access virtual services through the Foundry BC app from anywhere in British Columbia
- This includes access to same day virtual services or schedule a virtual counselling appointment, find peer support, access primary care, get support with employment, access groups & workshops, or browse our library of tools and resources

6. [Foundry Centres:](#)

- Centres offer multiple service in one location. You can find someone to talk to, get support from a care provider, and connect with friendly experts to help navigate health and social services, resources, and programs.
- All centres deliver free, respectful, non-judgmental, and strength-based services in a youth-friendly space
- **Nearby location includes:** [Victoria](#)

7. [HelpStartsHere:](#)

- Find help for mental health and substance use.

8. **Kids Help Phone:**

- 24/7 confidential support services for young people in Canada, offering mental health resources and counselling
- This service is available for Canadians aged 5-29 and provided free, anonymous and professional support for various concerns
- Call 1-800-668-6868 or text CONNECT to 686868

9. **Walking Alongside Youth (WAY) with Depression:**

- An online learning resource for parents and caregivers
- Many parents, family members and others care for children and youth who are experiencing mild to moderate depression
- WAY – Depression was developed to show caring adults that there are many practical things they can do daily to support their children and youth

10. **Youth in BC:**

1. Immediate access to barrier-free, non-judgemental, confidential support and follow-up through 24/7 phone lines and online services
2. Offer education and training programs that promote mental wellness and equip schools, organizations and communities to assist people at risk of suicide

11. **ERASE – Expect Respect and a Safe Education:**

- Erase is provincial website supporting diversity, inclusion, mental health and substance use and school and online safety. Resources are available for students and parents/caregivers.

Supporting Digital Safety

Safer Schools Together provides training and support across North America. Their purpose is safe and inclusive environments, allowing students, staff, and employees to thrive without fear of violence, hate, or harm. The following link are resources they share with families and caregivers. **Raising Digitally Responsible Youth: A Parent's Guide and Social Media Checklists for Parents/Caregivers** are examples of the resources found [here](#).

Another resource recommended by Safer Schools Together is [Be Internet Awesome](#). The online game supports key lessons of digital citizenship and safety with a goal of empowering children to be safe, confident explorers of the online world.

The Canadian Government of Canada also has a [website](#) dedicated to supporting parents and caregivers with concerns related to online child sexual exploitation.