**COVID-19 Resources for Youth**

1. 24/7 Fraser Health Crisis Line: 604-951-8850, available from noon to 1am

<https://www.options.bc.ca/program/fraser-health-crisis-line>

2. Youth In BC: 604-872-3311, online chat available from noon to 1am

 https://youthinbc.com

3. Kids Help Phone or Text: 1-800-668-6868 toll free, available 24 hours

4. Youth Space: Text and online chat 778-783-0177, available 6pm-Midnight

[https://www.youthspace.ca](https://www.youthspace.ca/)

5. Foundry: <https://foundrybc.ca/covid19>

6. Anxiety Canada: [https://www.anxietycanada.com](https://www.anxietycanada.com/)

7. Mind Your Mind: [https://mindyourmind.ca](https://mindyourmind.ca/)

9. Ketly Mental Health: [https://keltymentalhealth.ca](https://keltymentalhealth.ca/)

10. Head Space: [https://www.headspace.com](https://www.headspace.com/)

11. Mindfulness for Teens: <http://mindfulnessforteens.com/guided-meditations/>

**CRISIS SERVICES:**

1. Emergency: 911

2. 1-800-suicide

3. START TEAM: 1-844-782-7811 toll free

4. Surrey Community Services Crisis Line: 604-951-8855 24 hours

**COVID-19 Resources for Families**

1. Surrey School District Food and Nutrition Program, every day from 9am to 1pm. Walk-thru services with no registration required at the following schools:

Riverdale Elementary: 14835 108a

Simon Cunningham Elementary: 9380 140st

W.E. Kinvig Elementary: 13266 70b Ave

James Ardiel Elementary: 13711 112 Ave

LA Matheson Secondary: 9484 122 St

Kwantlen Park Secondary: 10441 132 St

Guildford Park Secondary: 10707 146 St

Queen Elizabeth Secondary: 9457 King George Blvd

If your family is unable to access these school locations, please contact your child’s alpha counsellor in order to discuss alternate arrangements.

2. Johnston Heights Church, 604-589-3733, <https://hopetoyou.com/community-support/>

3. Anxiety Canada: [https://www.anxietycanada.com](https://www.anxietycanada.com/)

4. Headspace: [https://www.headspace.com](https://www.headspace.com/)

5. Ketly Mental Health: <https://keltymentalhealth.ca/blog/2020/03/talking-children-about-covid-19>

6. Depression Hurts: <http://depressionhurts.ca/en/default.aspx>

7. Sleep Foundation: <https://www.sleepfoundation.org/>

9. KUU-US Crisis Line Society Indigenous Support: <https://www.kuu-uscrisisline.ca/>

10. Child Mind Institute: <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>