

MCFD CHILD & YOUTH MENTAL HEALTH SERVICES

25000 Young People

on average are seen each year through 88 MCFD Child and Youth Mental Health Teams throughout the province

Moderate to Severe

mental health challenges is the target population for/ expertise of MCFD Child and Youth Mental Health Services.

Anxiety

is the most common mental health challenge seen by Child and Youth Mental Health, followed by depression, then “attentional challenges”, family attachment and relational challenges. Young people are more complex than ever before

6 Core Services

offered including intake assessment and development of initial support plans, comprehensive mental health assessments, intervention/treatment plans, consultation and urgent response. Also 5 specialized services

Urgent Services

such as urgent assessments and work with families and community supports to develop safety and support plans are provided for young people experiencing serious mental health challenges or where there may be concern for the safety and wellbeing of the young person or those around them.

Prevention & Early Intervention

services for those who support young people experiencing mild mental health challenges including, parents, caregivers, educators and professional care providers to support the everyday mental health of young people

Responsive & Flexible

service provision. Child and Youth Mental Health Clinicians deliver services in many forms and settings such as in person, virtual, outreach, individual, group

Collaborative & Coordinated

MCFD partners across Ministries and with local agencies including 13 Foundry Centres across BC, school districts in over 20 communities and wellness hubs or centres in 13 locations

Partnerships & Service Integration

Working within a broader system of services and supports for young people including provincially, regionally and locally across Ministries, Health authorities, local agencies

More Information

The screenshot shows a web page from the British Columbia government website. The header includes the BC logo and navigation icons. The breadcrumb trail is: Home > Health > Managing your health > Mental Health & Substance Use >. The main content area is titled "Child & Youth Mental Health" and describes community-based services for children, youth, and families. It includes sections for "Who We Are", "What We Do", and "Concerns Most Commonly Addressed". A sidebar on the left lists various mental health services and resources. On the right, there are sections for "In Crisis?" and "Child, Youth and Family Resources".

BRITISH COLUMBIA

Home > Health > Managing your health > Mental Health & Substance Use >

Child & Youth Mental Health

Community-Based Mental Health Services for Children, Youth and Families

Who We Are

The Ministry of Children and Family Development's **Child and Youth Mental Health (CYMH)** teams located across B.C. provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost. Our clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

Our mental health services are voluntary and are designed to support children and youth who experience significant difficulties related to their thoughts, feelings and behaviours. We have ministry, delegated and contracted teams in B.C. whose focus is working with Indigenous children and youth, as well as teams and contracts that provide specialized services.

Our teams also help families find mental health programs and services they could benefit from within their communities. For more information about our services, resources and supports please review our [Child & Youth Mental Health Information & Resources Tool Kit](#).

100 CYMH intake clinics can be accessed in-person and virtually/by phone.

[Find a CYMH Clinic Near You](#)

What We Do

Our Services Include:

- Referral and Intake Services - Screening interview, initial supports and service plan, referrals and linkages
- Initial Services - Brief, time-limited early interventions following the intake process
- Assessment Services - Comprehensive and holistic mental health and other specialized assessments through clinical diagnostic interview, and diagnosis
- Therapy & Intervention Services - Treatment plan, individual, family or group psychotherapeutic interventions
- Consultation Services - Providing mental health information and advice to other service providers and families/caregivers to build capacity and support problem-solving

Concerns Most Commonly Addressed:

- Feelings of anxiety
- Low or cycling moods
- Behaviour difficulties
- Self-harm
- Suicidal thoughts and behaviour
- Trauma

Additional Services

In Crisis?

Get immediate support for a...

- Suicide crisis: 1 800 SUICIDE (1 800 784-2433)
- Mental health issue: 310-6789 (24 hours)
- KUU-US Aboriginal crisis line: 1 800-588-8717 (24 hours)
- Medical emergency: 911

These online resources can also help:

- [Crisis Centre](#)
- [KUU-US Crisis Line Society](#)
- [Kids Help Phone](#) (Text CONNECT to 686868)
- [Youth In BC Chat](#)
- [HealthLink BC: Warning Signs of Suicide in Children & Teens](#)

Child, Youth and Family Resources

- [Foundry](#)
- [FamilySmart](#)
- [Kelty Mental Health Resource Centre](#)
- [Dealing with Teen Depression](#)
- [Suicide Prevention](#)

Practitioner Resources

- [Suicide Prevention](#)
- [EASE - Everyday Anxiety Strategies for Educators](#)
- [Trauma-Informed Practice](#)
- [Child and Youth Mental Health \(CYMH\) Service Framework](#)
- [Aboriginal Practice and Policy Framework \(APPF\)](#)
- [Families at the Centre](#)
- [Compass Mental Health](#)

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>