



kelty mental health[®]
resource centre

BC's Information Source
for Children, Youth & Families

About the Kelty Mental Health Resource Centre



The Kelty Mental Health Resource Centre offers:

- Information and resources on a wide range of mental health and substance use issues affecting children and youth
- Peer support from parent or youth peer support workers from The F.O.R.C.E. Society for Kids' Mental Health, who all have lived experience with mental health challenges
- Resources and peer support for individuals of any age with an eating disorder or a disordered eating concern
- Options for support and treatment in BC
- Help navigating the mental health system
- Free education events for parents, as well as school and health professionals, including the Pinwheel Education Series
- Tips for self-help and prevention

All information and services are free of charge and open to children, youth, and families, as well as school and health professionals in BC.

We have information on:

- Addictions
- Anxiety
- Attention Deficit Hyperactivity Disorder
- Autism
- Concurrent Disorders
- Depression
- Eating Disorders
- Mood Disorders
- Obsessive Compulsive Disorder
- Psychosis
- Schizophrenia
- Self Help and Prevention
- Self-harm
- Stress Management
- Substance Use
- Suicide Prevention
- Trauma
and more...



How to reach us

Phone

604-875-2084 | toll-free from anywhere in BC: 1-800-665-1822

In Person

BC Children's Hospital, Mental Health Building,
4500 Oak Street, Vancouver, BC, Room P3-302 (3rd Floor)

Email

keltycentre@cw.bc.ca

Online

keltymentalhealth.ca or keltyeatingdisorders.ca

Hours of Operation

We are open Monday to Friday
9:30 a.m. to 5:00 p.m.
You can contact us anytime
during these hours!

