

support for helping professionals



Knowing the right resources to share with your clients and families can be tough—it's hard to know what information is credible. The BC Partners for Mental Health and Addictions Information has evidence-based mental health and substance use information that you can confidently share with your clients and incorporate in your practice.

To Support Your Work

► Visions magazine

A free award-winning quarterly magazine which covers a variety of mental health and substance use topics. Visions is written by and for people with lived experience, families and a range of service providers.

► **FamilySmart® Practice Tools**

Tools that provide suggestions on what FamilySmart® Practice is and the impact of that practice on young people, families and service providers.

► **Helping People Who Use Substances**

A resource for anyone who wants to support a person, who may be using substances in harmful ways, to consider making changes.

► **Beyond the Blues: Education and Screening Days**

A community-led campaign to help people learn how to recognize and prevent problems with stress, mood, anxiety, and risky drinking. The program provides free support for local events, most of which are led by teams of service providers.

To Support Your Clients and their Families

► **What to Expect sheets**

Useful guides to help families know what they can expect when seeking help for their child or youth from their family doctor or walk-in clinic, from Child and Youth Mental Health and from their child's school.

► **Transition to Parenthood**

Resources for young adults who are thinking about or becoming new parents and for their primary care practitioners.

► **My Anxiety Plan (MAPs) for Adults and Children**

A free online session to session guide that helps you to create an anxiety plan for an adult or child.



For links to all the resources on this card and even more resources by the BC Partners, for helping professionals, visit

www.heretohelp.bc.ca/helping-professionals