











The below table is to present a summary of **COVID 19 Youth Community Resources** in one single place. While we will continue to ensure the correctness of the information, please contact Paolo Zenone at pzenone@newwestcity.ca should you find any inaccuracies.

COVID 19 – YOUTH COMMUNITY RESOURCES

Agency	Resources Available	Contact Information
New West Youth Services 	<p>Web-based counselling is available by appointment.</p> <p>Contact Mia Anthony at manthony@fsgv.ca</p> <hr/> <p>You can also connect with a Youth Centre Supervisor at: 604-515-3801</p> <ul style="list-style-type: none"> Monday - 1:00 - 9:00pm Tuesday - 8:30 - 4:30pm Wednesday - 8:30 - 4:30pm Thursday - 8:30 - 4:30pm Friday – 2:30 - 10:30pm 	<p>For more information, visit:</p> <p>Instagram: @newwestyouth</p> <p>Facebook: /newwestyouth</p> <p>Website: www.newwestyouth.ca</p>
Child and Youth Mental Health Office 	<p>Walk-in Youth Clinic</p> <ul style="list-style-type: none"> Tuesdays, 12:00pm – 4:00pm 	<p>Columbia Square 201 – 1065 Columbia Street, New Westminster</p>
New Westminister School District 	<p>Child & Youth Care Workers</p> <p>If you need to contact the Child & Youth Workers please feel free to email them.</p> <ul style="list-style-type: none"> FRMS: Tara – tworth@sd40.bc.ca EGMS: Tina – tsmith@sd40.bc.ca QMS: Shahan - shgill@sd40.bc.ca 	<p>Additional information and resources available online at:</p> <p>newwestschools.ca</p>
Spirit of the Children Society 	<p>Youth Drop-In (Currently Via Zoom) Ages 13-18 on Wednesdays from 4:00pm - 5:00pm Registration is required</p>	<p>#201 – 768 Columbia Street New Westminster</p> <p>reception@sotcs.ca</p>
Youth in BC 	<p>Crisis Line 604-872-3311 If you would like to talk about suicide, sexuality, depression and stress, relationship conflicts and more.</p> <p>Chat service 1-on-1 on-line crisis chat service with a trained Crisis Centre volunteer. Both services available noon to 1am.</p>	<p>Additional information and resources available online at:</p> <p>youthinBC.com</p>
Kids Help Phone 	<p>If you or a loved one are experience anxiety or isolation due to COVID-19 call 1-800-668-6868 OR text 686868</p>	<p>Call: call 1-800-668-6868 OR Text 686868</p>
HealthLink BC 	<p>Kids Help Phone is a toll-free, 24-hour, phone counselling, web counselling, and referral service for children and youth. The service is completely anonymous and confidential.</p>	<p>To speak to a counsellor, call 1-800-668-6868</p>
Anxiety Canada 	<p>Mindshift App</p> <p>A user-friendly self-help tool based on proven scientific strategies, this app teaches about anxiety, helping users to engage in healthy thinking and to take action.</p>	 <p>Available on the App Store GET IT ON Google Play</p>
Youthspace.ca 	<p>Chat service</p> <p>6pm-Midnight PST, 365 days a year</p>	<p>Online chat at: youthspace.ca</p> <p>Text: 778-783-0177</p>