



Child and Youth Mental Health Apps and Crisis Lines

APPS: Supporting the mental well-being of children and Youth. The following listed apps have plenty of resources for parents, teachers, children and youth to support children and youth with various issues and resources in striving to healthy emotional and mental well-being.

IChill – This is an app or you can go to the website. It gives strategies on how to track your body sensations; inner resources; grounding; and building resiliency during challenging moments.

Calm – It is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 and 25 minutes so you can choose the perfect length to fit with your schedule. Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better. Sleep Stories are soothing tales read by well-known voices to help people unwind and fall into a deep sleep each evening. Also enjoy 10 minute guided video lessons on mindful movement and gentle stretching.

Mindful Powers is a mindfulness app aimed at children aged between 7 and 10. The technique of mindfulness has been very positively received by many of those who have taken the time to learn and practice it. Teachers and adults have embraced mindfulness apps to aid their learning and practice. Guided stories lead children towards calm and focus which they can build upon and transfer what they have learned to real life stressful moments.

Smiling Mind is designed to help people navigate pressure, stress, and challenges of daily life. This app has a fantastic section on mindfulness in the classroom too. This is an especially good choice for the younger users out there, as it was created specifically with students in mind. Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.

MindShift is a free app is based on to help young adults cope with anxiety. Designed in collaboration with Anxiety Canada, this app teaches users how to relax and helps them identify active steps to directly face and take charge of their anxiety through knowledge and practice. The app provides a variety of methods for young people to respond to anxiety including; developing their knowledge of anxiety and symptoms, engaging in relaxation tasks, evaluating their level of anxiety in particular situations, developing realistic thinking patterns and changing behaviour.

What's Up App – This free app helps youth with knowledge on anger, anxiety, depression, self-esteem, and stress. It also includes a personal aspect of to help through a journal, tracking positive actions, decreasing negative habits and creating personal notes. This app will help with coping strategies like positive thinking, gaining perspectives, handling worrisome thoughts and striving to positive steps.

Calm In The Storm – This free app allows youth to check in emotionally, mentally and physically. The app will recommend positive coping strategies alongside safety planning. Additional resources are available as well. This app is First Nation friendly with teachings included.

Calm Harm – This free app helps youth manage the urges to self-harm. This is done by identifying emotions and following suit with positive coping strategies to help resist the urge to self-harm.

Combined Minds – This free app is for family and friends of a young person to help with their mental wellbeing. It is based on a strength based approach to help support youth in building their resourcefulness and resilience.

Zones of Regulation –(\$\$\$)The game developer's sense of style and fun engage children with this app while the occupational therapist's influence guides children towards better control of their emotions. It is a simple guide that will support children, parents and teachers to help respond to managing children's emotions in stressful states to calm states. There are not many apps that link a child's love of games with mental wellbeing so this is one would be great to check out.

Source:

<https://www.educationalappstore.com/best-apps/5-best-mental-health-and-wellbeing-apps-for-kids>
https://psychcentral.com/blog/top-10-free-mental-health-apps/?li_source=LI&li_medium=popular17

CRISIS LINES

Reason to Live 1-877-435-7170

www.reasontolive.ca

This site by the Manitoba Suicide Line, a program of Klinik Community Health Centre, provides information on suicide and how to get help. 24/7 Confidential Toll-Free Line.

Kids Help Phone 1-800-668-6868 or text CONNECT to #686868

<https://kidshelpphone.ca/>

Need help now? You can reach a Kids Help Phone counsellor 24/7. What happens when you call? First, you'll hear a message that goes, "Hi! Welcome to Kids Help Phone." You will then be asked to choose for service in either English or French. Next comes a message about prank calls. Some young people are just curious about what will happen if they call. Try to remember that our counsellors are here to help, but we need to keep the lines free for youth who need us. Once you get through, a counsellor will ask how they can help you. Don't sweat it if you don't know what to say. The counsellor will ask you a couple of questions to get the conversation going.

First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310

OR connect to the online chat at hopeforwellness.ca

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week and offer counselling and crisis intervention.

Manitoba Wide Crisis and Mental Health Supports Listings

<https://www.gov.mb.ca/health/mh/crisis.html>

- Rural and Northern Support Services.....1-866-367-3276 or 1-888-322-3019
- Klinic Sexual Assault Crisis Line.....1-888-292-7565 or 204-786-8631
- Domestic Violence Hotline Manitoba.....1-877-977-0007
- Child & Family All Nations Coordinated Response Centre.....1-888-945-2627
 (Acts as the first point of contact with the Child and Family Services system for Winnipeg and area)
- Province-wide Intake and Emergency After-hours Child and Family Services.....1-866-345-9241
- Manitoba Parent Line.....1-877-945-4777 or 204-945-4777
- Deaf Access Counselling.....1-204-784-4097
- Manitoba Poison Centre.....1-855-776-4766

Mental Health Supports

- Mental Health Crisis Response Center (Central Point of access for adults experiencing mental health crisis)
 817 Bannatyne Street or call..... 204-940-1781
- Mental Health Services for Youth (For caregivers and parents with children experience mental health
 issues)..... 204-958-9660
- Anxiety Disorders Association of Manitoba.....204-925-0600 or 1-800-805-8885
- Mood Disorders of Manitoba..... 1-800-263-1460
- EYAA-KEEN Centre Inc. (Trauma treatment for Indigenous Adults).....204-783-2976

LGBT2SQ Resources

- Rainbow Resource Centre.....204-474-0212
- Sexuality Resource Centre MB.....204-982-7800

Region-Specific Crisis Lines

Winnipeg

- Youth Crisis Stabilization Services1-888-383-2776 or 204-949-4777
- Winnipeg Mobile Crisis Service204-940-1781
- Crisis Stabilization Unit204-940-3633
- Seneca House (7:00 P.M. - 11:00 P.M.)204-942-9276

Interlake-Eastern Regional Health Authority

24-hour Crisis Line.....1-866-427-8628 or 204-482-5419
 Mobile Crisis Service.....1-877-499-8770 or 204-482-5376
 Crisis Stabilization Unit.....1-888-482-5361 or 204-482-5361

Northern Health Region

Hope North Crisis Response (Mon-Fri 8:30-4:30).....204-778-9977
 Thompson Youth (17 and under) Mobile Crisis Team.....1-866-242-1571

Prairie Mountain Health

Adult and Youth Crisis Line (North District).....1-866-332-3030
 Adult Crisis Line (South District).....1-888-379-7699
 Youth under 18 crisis line 24/7 (South District).....1-866-403-5459
 Crisis Stabilization Unit1-855-222-6011 or 204-727-2555
 Mobile Crisis Services (South District).....204-725-4411

Southern Health-Santé Sud

Crisis Line.....1-888-617-7715