

# Summer Break Supports



## Healthy Hearts and Minds

Summer is a time to unwind and recharge your emotional battery. Here are some important community resources and self-care tips:

### Self-Care Tips

Have a daily routine

Eat balanced & nutritious meals

Connect with family, friends & supports

Get a healthy dose of sleep & rest

Exercise

### FOUNDRY

Foundry Ridge Meadows offers young people 12-24 access to counselling, health and social services

**604-380-3133**

DROP-IN HOURS

Tuesday: 1:00PM-8:00PM  
Wednesday: 1:00PM-6:00PM  
Thursday: 1:00PM-6:00PM

#2-22932 Lougheed Hwy,  
Maple Ridge, BC

### CYMH

Child and Youth Mental Health offers a range of mental health treatment services for ages 0-18

**604-466-7300**

Intakes happen Thursdays between 9-4pm at 22323 119 Avenue  
Maple Ridge

### KIDS HELP PHONE

Online/Phone counsellors who are non-judgmental and available to talk 24/7

**1-800-668-6868**

Text 686868 to chat with a confidential responder 24/7

### START

For 6 to 18 year olds who are experiencing the rapid onset of extreme mental health symptoms

**1-844-782-7811**

Youth, families and schools can directly access services.

### ALISA'S WISH

Helping children and youth who have experienced or witnessed physical, emotional, or sexual abuse

**604-466-3922**

