



The Kelty Mental Health Resource Centre is pleased to announce new resources!

## Healthy Living Toolkits

Many children and youth with mental health challenges face unique obstacles to healthy living due to such things as the symptoms of their illness, the medication they are on, or the stigma they may face. The healthy living toolkits for families and professionals provide information and tools to promote healthy living in children and youth with mental health challenges.

### Toolkit for Health Professionals

The *Healthy Living, Healthy Minds: A Toolkit for Health Professionals* provides information and resources for health professionals across BC to discuss healthy living specific to child and youth mental health. The toolkit contains information on the unique obstacles children and youth with mental health challenges may face, assessment tools, key messages for families, and handouts that can be easily photocopied and given to families during a visit.



### Toolkit for Families

The *Healthy Living ... It's in Everyone* toolkit for families was developed with The F.O.R.C.E. Society for Kids' Mental Health. The toolkit includes information on healthy living for families who have a child or youth with mental health challenges, worksheets and tools, and tips from families across BC.



## Ordering Information

To order print copies of the toolkits, email [toolkits@keltymentalhealth.ca](mailto:toolkits@keltymentalhealth.ca) (include name, mailing address, and number of each toolkit required).

To download PDF copies of both toolkits and to access additional interactive resources, visit:  
<http://keltymentalhealth.ca/toolkits>

*NOTE: For a limited time, these toolkits will be offered at no cost to health professionals and families in BC.*

Developed by:

