



OPENMINDBC.ca

**MENTAL HEALTH TOOLS AND RESOURCES
FOR YOUTH & YOUNG ADULTS
and their families, teachers, and health care providers**

For youth facing new experiences and challenges, the transition to adulthood can sometimes be overwhelming.

OpenMindBC.ca offers a collection of websites that support the various aspects of mental health.

“Open Mind” by Danielle Mainman.
Age 17 from Vancouver, BC.

**doctors
of bc**

Better. Together.