**New interactive tool!**[**Ask Kelty Mental Health**](https://keltymentalhealth.ca/ask-kelty)

We know how tricky it can be for families to navigate the mental health system. Hopefully the information in our new [Ask Kelty Mental Health tool](https://keltymentalhealth.ca/ask-kelty)can be helpful when looking for supports and services in BC for children and youth.

With the help of our FamilySmart parent peer support workers at the Kelty Centre, this tool offers suggestions about where to go and what to expect when looking for support options.

You can type your question into the tool, and find answers to commonly asked questions families have such as:

Ø  *My child needs help now, what can I do?*

Ø  *How do I find counselling?*

Ø  *What can I do while my child is on a waitlist?*

Ø  *I am struggling to cope with my child’s illness. Where can I get support?*

Our Kelty Mental Health Resource Centre social media promotion will run Feb 17-Feb 26th. Here are the links to today’s posts:

·        Kelty Centre Instagram:  [Link Here](https://www.instagram.com/p/CLZqmfirtEO/?igshid=ohq36hdnbrl8)

·        Kelty Centre Facebook:  [Link Here](https://www.facebook.com/keltymentalhealth/photos/a.224918034237797/3909273735802190/?type=3)