



Blue Wave Youth Team

Our fantastic Youth Team is 8 youth aged 13–18 from across BC. At interactive meetings they tell us what they think of our work, and how we can do it better. Want to join? Visit our website.

"The team for me has been about taking my personal struggles with mental health and putting them into a context where I may be able to help others."

"Being on the team has let me open up about my experiences with mental illness and realize many of us have gone through different versions of the exact same story."

Connect with us online

- www.bluewavebc.ca—get mental health resources and learn about our programs
 - ✉ bluewave@cmha.bc.ca—email us to volunteer, or sign up to our e-newsletter
- Check us out on social media:
- 🐦 [@bluewavebc](https://twitter.com/bluewavebc)
 - tud [bluewavebc](https://t.co/bluewavebc)
 - f [bluewavebc](https://facebook.com/bluewavebc)

Other ways to connect

- Ask your teacher, school counsellor or youth leader about Living Life to the Full for Youth
- Apply for the Janice Lee Blue Wave Bursary—and tell your friends about it!
- Family members looking for a good cause to donate to? Tell them about Blue Wave

Need advice or support?

- The Crisis Centre is there for you and your friends 24/7, to listen and help: 1-800-784-2433 toll free
- Contact www.YouthInBC.com, an online chat service for youth (12 noon–1am)
- Call Kids Help Phone at 1-800-668-6868, or visit www.kidshelpphone.ca

Blue Wave

Canadian Mental Health Association,
BC Division
Suite 905-1130 West Pender Street
Vancouver BC, V6E 4A4

Phone: 604-688-3234
or Toll Free: 1-800-555-8222
Fax: 604-688-3236
Email: bluewave@cmha.bc.ca

Our funders

Blue Wave is funded entirely by donations and short-term grants.

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SAVINGS



To support Blue Wave,
visit www.bluewavebc.ca

bluewaveTM



Youth Mental Health Program
www.bluewavebc.ca

Canadian Mental
Health Association
British Columbia
Mental health for all



What is Blue Wave?

Many BC youth are struggling with mental health and substance use problems. Blue Wave is a program of the Canadian Mental Health Association, BC Division (CMHA), working with youth in creating a future where it's ok to talk openly about mental health. Our name comes from thinking of a mental health or substance use problem as a 'blue wave' that can either overwhelm you, or that you can be empowered to ride out.

Blue Wave was founded by the parents of a teenager, Janice, who took her own life in 2006 after struggling with depression and anxiety. Janice's family started Blue Wave because they did not want other young people to have Janice's experiences.

CMHA is continuing their important work. We are there for all youth—for those struggling due to a mental health or substance use problem, and for anyone having a hard time, feeling 'blue' or wanting to prevent problems from starting.



What does Blue Wave offer?

LIVING LIFE TO THE FULL *for youth*

- Feeling down and not sure what to do?
- Wondering why everyone seems more confident than you?
- Struggling to control your temper?

Life has its ups and downs and everyone struggles sometimes. We all have something we might need a bit of support with.

Living Life to the Full for Youth is a course for teenagers that teaches skills to cope with life's challenges. It's a course for all youth—with or without mental health problems—and is taught in small groups using booklets and fun activities. In 8 sessions it covers worry, depression, anxiety, anger, and low self-esteem. It teaches healthy thinking, problem-solving, confidence building—plus much more. In a recent study of BC youth, the skills taught were shown to improve well-being, self-esteem, social relationships and the ability to cope with stress.



How can I sign up to the Living Life to the Full for Youth course?

We can teach the course in schools, youth clubs—anywhere that youth hang out. Ask your teacher, school counsellor or youth leader to contact a local CMHA branch and find out if the course can be taught in your community.

"The course helped me deal with my problems without anger or aggression. I feel more confident about myself."

"I learned how to solve problems, how to control anger, and how to be more positive."



Some of the booklets used in the course

The Janice Lee Blue Wave Bursary

Struggling with a mental health or substance use problem as a teenager can interrupt your learning and career goals by affecting your self-esteem, concentration, and time management. That's why our bursary provides a bit of money to support you in your first term in higher education.

Bursary applicants must:

- Meet the age requirements
- Have experience of a mental health or substance use problem
- Be going on to a higher education institution in BC

Apply on our website in the Spring

"I have learned that the only way to move forward in recovery is to accept yourself for who you are. Accept your flaws, rejoice in your strength. Above all, remember to love yourself—especially when you think you deserve love the least; in reality that's when you need it the most. Things won't be like this forever. There will always be a new morning, a new chance, a better day, laughter among friends. Don't lose that hope. Cherish those people in your life who are close to your heart, and immerse yourself in your passions—the things that cause you to light up with joy and make you feel alive."

—letter written by a Janice Lee Blue Wave Bursary applicant