

mindcheck.ca is now foundrybc.ca!

mindcheck.ca content - including self-check quizzes, information pages, resources and links - will now be available at foundrybc.ca.

About mindcheck.ca

Launched provincially in 2012, mindcheck.ca has provided BC teens and young adults with a reliable, easy-to-use, interactive website to check out how they're feeling and connect to support early and quickly. With a focus on early-intervention, the website has helped youth recognize changes in their thoughts, feelings and behaviours that may indicate a possible emerging mental health challenge. This approach has enabled youth to identify mental health challenges early and to take action to prevent them from becoming more serious.

Impact

In the five years since the launch of mindcheck.ca, over 500,000 people across BC and around the world have visited the site. The website has over 3 million page views on topics including anxiety, social anxiety, depression, stress, substance use, psychosis, and body image and eating. Over 300,000 self-assessment quizzes have been completed, helping youth better understand their mental health and providing them with links to resources suited to their needs. Youth have also connected to mindcheck.ca via social media with over 2,000 followers on Facebook, over 3,500 followers on Twitter, and over 500 followers on Instagram. Families, friends and professionals who work with young people have also used the site to better support the young people in their lives.

History

mindcheck.ca initially began in 2009 as part of Fraser Health's Youth and Young Adult Mental Health and Substance Use Early Intervention Pilot Project. In 2010, Fraser Health and BC Children's Hospital, an agency of the Provincial Health Services Authority, formed a partnership to expand mindcheck.ca into a provincial website for youth. The provincial mindcheck.ca website was launched in January 2012, with support from the Canucks for Kids Fund.

What's next?

mindcheck.ca content, including self-check quizzes, information pages, resources and links, will be available on Foundry's online platform, foundrybc.ca. Foundry is a province-wide initiative transforming how young people access health and social services in BC. In collaboration with Foundry, BC Children's Hospital has developed an integrated online platform that provides young people, ages 12-24, and their families with a one-stop access point for mental health and well-being, substance use, social support and services, navigation assistance and self-management. Drawing from mindcheck.ca and working together with young people, Foundry's online platform leverages technology and collaborative partnerships to align and integrate evidence-based resources and services, making it easier for young people and their families to find appropriate supports – online and in their communities. The first phase of foundrybc.ca has a focus on mental health and substance use. Further information and resources will be integrated to reflect the core service and resource offerings found within Foundry centres.

About Foundry

Foundry removes barriers and increases access to care by developing a province-wide network of wellness centres and online resources for young people ages 12-24. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. By bringing together a variety of health and social services under one roof and working in partnership with young people and families, Foundry is helping BC's young people get the help they need when they need it. Hosted by Providence Health Care, Foundry is supported by the Government of British Columbia, Graham Boeckh Foundation, Michael Smith Foundation for Health Research and St. Paul's Foundation. Foundry's online platform, foundrybc.ca, is powered by BC Children's Hospital and helps young people across the province access support and resources.

Who is Foundry?

- **Provincially:** Foundry involves over 100 partnerships across the province of BC including multiple ministries, philanthropic funders and community organizations such as not-for-profit service providers and divisions of family practice. The Foundry central office, hosted by Providence Health Care, leads the provincial initiative, including standards development, knowledge exchange and evaluation. The central office also supports the development of the local centres. Foundry's online platform, foundrybc.ca, is powered by BC Children's Hospital, an agency of the Provincial Health Services Authority.
- **Locally:** Each Foundry centre is operated by a lead agency tasked with bringing together and working closely with local partners, donors, service providers, young people and family members or caregivers.

Where is Foundry located?

- Foundry provides province-wide support through an online platform, public health and policy initiatives, and health promotion campaigns. Foundry is also establishing local integrated wellness centres for young people ages 12-24 across the province. Currently, centres are open in Vancouver, Campbell River, Kelowna, Vancouver North Shore (North and West Vancouver), and Prince George. Further centres are in development and will result in a total of 11 Foundry centres across BC.

For questions about the transition from mindcheck.ca to foundrybc.ca, please contact: Michelle.Cianfrone@cw.bc.ca.

