

Food Allergy – Tiered approach **Online Resources:**

Food Allergy Canada

- Living Confidently with Food Allergy handbook

Website: <http://foodallergycanada.ca>

US-based online resources:

**note that school guidelines and food labeling laws may differ from Canadian standards*

Kids with Food Allergies

Website: www.kidswithfoodallergies.org

Snack Safely

Website: snacksafely.com

Food Allergy Research & Education (FARE)

Website: <https://www.foodallergy.org/>

Food Allergy & Anaphylaxis Connection Team (FAACT)

Website: <https://www.foodallergyawareness.org/>



Children's Book

Books can be found from Family Support & Resource Centre:

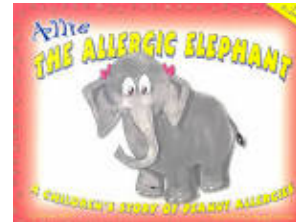
<https://libraries.phsa.ca/fsrc>

Examples:

Allie the allergic elephant: A children's story of peanut allergies

Cody the allergic cow: A children's story of milk allergies

No lobster, please! a story of a child with a severe seafood allergy



Support Group

Metro Vancouver Anaphylaxis Group

Website: <http://www.vancouveranaphylaxis.com/>
www.facebook.com/groups/vancouveranaphylaxis

Food Allergies Okanagan Facebook group

General Anxiety Resources

Online anxiety management program (free):

Anxiety Canada website (My Anxiety Plan)

Website: <https://anxietycanada.com/>

Mobile App:

MindShift CBT – provides resources to help manage anxiety,

Website: <https://anxietycanada.com/resources/mindshift-cbt/>

Headspace – meditation and mindfulness app



Website: <https://www.headspace.com/>

Breathe, Think, Do Sesame (for younger children ~ages 2-5)

Website: <https://apps.apple.com/ca/app/breathe-think-do-with-sesame/id721853597>

Phone-based coaching service (free):

Confident Parents Thriving Kids Anxiety Program

Website: <https://cptka.inputhealth.com>

(Referral form is required to be completed by a physician/clinician)

Child and Youth Mental Health (CYMH)

Refer to CYMH website for site-specific information: <http://www.vch.ca/your-care/mental-health-substance-use/children-youth-mental-health-services>

Individualized Professional Support

Private Practice psychologist at BC Psychological Association

Website: www.psychologists.bc.ca

Referral line 604-730-0522 / toll-free: 1-800-730-0522

- NB: not all registered psychologists choose to be on this referral service.)
- If you have extended health insurance, check the amount of coverage
- Look for psychologists with experience with children and anxiety

if child is receiving specialized services from BC Children's Hospital, they may be eligible for -
Referral to Medical Psychology at BC children's hospital

Food Allergy Counselor Directory

Website: <http://www.foodallergycounselor.com/directory.html> (currently listing mostly US counselors/psychologists)

You may also speak to your healthcare provider about your psychosocial concerns, s/he may be able to assist you or provide a referral to a qualified mental health care professional.

If you are in emergency, or feel that you or someone else is at risk of harm, please call 911 for help right away or go to your nearest hospital emergency room.