

# COVID-19



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[www.fraserhealth.ca](http://www.fraserhealth.ca)

## Vetted COVID-19 Related Mental Health Resources for Public

Below is a list of free available resources for the public and does not reflect all that are available. The links and services may contain opinions and content that do not reflect Fraser Health Mental Health & Substance Use Services. We encourage you to use your judgment and/or connect with the service provider if you have any questions, concerns or immediate service needs.

Resource Source	Name and Brief Description	Web Link
<b>For Everyone</b>		
CMHA-BC Division	<b>Bounce Back – Reclaim Your Health</b> for adults and youth in multiple languages: weekly calls and homework with a personal coach in response to depression, anxiety, stress and worry; program expanded to include COVID-19 and no doctor's referral needed	<a href="https://bouncebackbc.ca/what-is-bounceback/">https://bouncebackbc.ca/what-is-bounceback/</a>
CMHA-BC Division	<b>Living Life to the Full</b> for adults, youth 13-18 and seniors: skills-based, eight-week online course based on CBT delivered in 90-minute group sessions	<a href="https://livinglifetothefull.ca/our-courses/">https://livinglifetothefull.ca/our-courses/</a>
Victim Link BC	<b>Virtual Mental Health Support for Victims of Family or Sexual Violence:</b> Immediate 24/7 crisis support by phone 1-800-563-0808	<a href="https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a>
Mood Disorders Society of Canada	<b>Managing COVID-19 Anxiety for Adults and Children</b> – Tip sheets	<a href="https://mdsc.ca/resources-caring-for-your-mental-health-during-covid-19/">https://mdsc.ca/resources-caring-for-your-mental-health-during-covid-19/</a>
Mood Disorders Society of Canada	<b>#DefeatDepressionChallenge:</b> national campaign that shares virtual activities to support everyone's wellness	<a href="https://mdsc.ca/mdsc-and-the-defeat-depression-national-campaign-events-across-the-country-invites-all-canadians-to-join-together-this-spring-in-the-defeatdepressionchallenge/">https://mdsc.ca/mdsc-and-the-defeat-depression-national-campaign-events-across-the-country-invites-all-canadians-to-join-together-this-spring-in-the-defeatdepressionchallenge/</a>
CMHA-BC Division	<b>Mental Health Checks</b> for all ages in multiple languages: check-in in light of COVID-19; not for diagnosis but for immediate support and recommended resources	<a href="https://cmhabc.force.com/MentalHealthCheckIn/s/">https://cmhabc.force.com/MentalHealthCheckIn/s/</a>
CMHA-BC Division	<b>SafeCare BC</b> for workers responding to COVID-19: training and education resources to improve	<a href="https://cmha.bc.ca/covid-19/">https://cmha.bc.ca/covid-19/</a>

	psychological health and well-being; partnership between SafeCare BC and CMHA	
HeretoHelp	<b>Wellness Module 10: Staying Mentally Healthy with Technology</b> is a self-study module for all ages to help find balance with technology	<a href="https://www.heretohelp.bc.ca/wellness-module/wellness-module-10-staying-mentally-healthy-with-technology">https://www.heretohelp.bc.ca/wellness-module/wellness-module-10-staying-mentally-healthy-with-technology</a>
Crisis Intervention	<b>24/7 Distress Phone Service and Online Distress Service</b> for all ages 604-951-8855 or 1-877-820-7444; also responds to 1-800-SUICIDE and 310-6789	<a href="https://www.options.bc.ca/program/fraser-health-crisis-line">https://www.options.bc.ca/program/fraser-health-crisis-line</a>
<b>For Adults Only</b>		
CMHA-BC Division	<b>Peer Support</b> ( <i>coming soon</i> ) – expanded access to peer support and system navigation for people living with mental illness or substance use problems; will be based out of CMHA branches across BC	<a href="https://cmha.bc.ca/covid-19/">https://cmha.bc.ca/covid-19/</a>
CMHA-BC Division	<b>Community Counselling</b> for adults in multiple languages: expanded COVID-19 funding to serve more people through community organizations; counselling by phone or online	<a href="https://caibc.ca/grants-training/community-counselling-fund-grants/">https://caibc.ca/grants-training/community-counselling-fund-grants/</a>
BC Psychological Support Service	<b>COVID-19 Psychological Support Service</b> free of charge for BC residents (19+) phone counseling, as often and as much as needed between 9 am – 9 pm for adults affected by COVID-19 pandemic; psychologists registered with College of Psychology of British Columbia are volunteering their time to provide this service.	<a href="https://www.psychologists.bc.ca/covid-19-resources">https://www.psychologists.bc.ca/covid-19-resources</a>
<b>For Indigenous People</b>		
Hope for Wellness	<b>The Hope for Wellness Help Line</b> offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada 1-855-242-3310	<a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a>
KUU-US Crisis Services	<b>KUU-US Crisis Line</b> available 24/7 to provide support to Indigenous people living in BC: 1-800-KUU-US17 (1-800-588-8717) Adult/Elder: 1-250-723-4050 Child/Youth: 1-250-723-2040	<a href="http://www.kuu-uscrlsline.ca">www.kuu-uscrlsline.ca</a>
<b>For Children and Youth Only</b>		
Foundry	<b>Virtual Clinic:</b> as of April 20, 2020, young people 12-24 and their families will be able to access youth-focused virtual clinics in all nine existing Foundry centres offering	<a href="https://foundrybc.ca/">https://foundrybc.ca/</a>

	counselling, peer support, primary care and family support through voice calls, video and chat.	
YMCA - BC	<b>Y Mind:</b> Young people 13-30 can sign up for six-seven weeklong programs online for free starting early May 2020; program helps young people cope with stress, worry and anxiety.	<a href="https://www.qv.ymca.ca/mental-wellness">https://www.qv.ymca.ca/mental-wellness</a>
Here2Talk	<b>Here2Talk</b> is for registered post-secondary students who can get 24/7 confidential, free counselling and referral services by app, phone or online chat 1-877-857-3397	<a href="https://here2talk.ca/">https://here2talk.ca/</a>
WE Well-Being	<b>WE Well-Being</b> is a free online resource for students, parents and educators to support social and emotional well-being for remote learning during COVID-19	<a href="https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/">https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/</a>
Kids Help Phone	<b>Kids Help Phone</b> – 24/7 national support service in English and French; phone / text-based 1-800-668-6868	<a href="https://kdshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus">https://kdshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus</a>
<b>For Parents and Caregivers</b>		
CMHA-BC Division	<b>Confident Parents: Thriving Kids:</b> free 6- 12 weekly coaching sessions with exercises and workbooks and trained coaches to support parents to effectively reduce mild to moderate anxiety in their children	<a href="https://welcome.cmhacptk.ca/">https://welcome.cmhacptk.ca/</a>
Family Smart	<b>Peer Support and Navigation</b> for BC families and caregivers who are parenting children and youth facing mental health challenges 1-855-887-8004	<a href="https://familysmart.ca/">https://familysmart.ca/</a>
Family Caregivers of BC	<b>Caregiver Support Line:</b> available Monday-Friday from 8:30 – 4 pm 1-877-520-3267; several online resources	<a href="https://www.familycaregiversbc.ca/community-resources/covid-19-virus/">https://www.familycaregiversbc.ca/community-resources/covid-19-virus/</a>
MCFD and Anxiety Canada	<b>Ease at Home:</b> collection of evidence-informed anxiety prevention and resilience-building resources for use with students in grades K-7; classroom has been adapted for use at home by parents and caregivers to support children’s wellbeing;	<a href="https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease">https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease</a>
<b>For Seniors</b>		
BC211	<b>Safer Seniors, Strong Communities:</b> province expanded funding to BC211 to match volunteers to seniors whose support network has been affected by COVID-19; service takes calls from seniors to help with check-ins, grocery shopping and pharmacy drop offs	<a href="https://www.bc211.ca/">https://www.bc211.ca/</a>

Qmunity	<b>COVID-19 Older Adults Program:</b> for GLBTSQ older adults who need help while physical isolating; phone 604-684-5307 x110 or email seniors@qmunity.ca	<a href="https://qmunity.ca/news/covid-19-older-adults-program-update/">https://qmunity.ca/news/covid-19-older-adults-program-update/</a>
<b>For Workers</b>		
PHSA	<b>Mobile Response Team:</b> During COVID-19 pandemic, the team's mandate has expanded from supporting frontline workers in response to overdose to also include supporting the mental well-being and psychological safety of frontline workers in response to COVID-19; support available 24/7 1-888-686-3022 or email MRT@phsa.ca	<a href="http://www.phsa.ca/our-services/programs-services/health-emergency-management-bc/provincial-overdose-mobile-response-team">http://www.phsa.ca/our-services/programs-services/health-emergency-management-bc/provincial-overdose-mobile-response-team</a>
CMHA-BC Division	<b>Peer Support for Care Workers</b> (coming soon): confidential peer support for long-term care and home support workers that is a new COVID-19 phone or text service staffed by former workers	<a href="https://cmha.bc.ca/covid-19/">https://cmha.bc.ca/covid-19/</a>

**Other COVID Related Supports e.g. Links to Financial and Practical Supports**

Government of Canada Resources <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/canadas-reponse.html>

Government of BC Resources <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>