



## Additional Resources

### Crisis information:

- Anywhere in BC 1-800-SUICIDE (1-800-784-2433)
- Mental Health Support line: 310-6789
- Vancouver Coastal Regional Distress Line: 604-872-3311
- Sunshine Coast/Sea to Sky: 1-866-661-3311
- Seniors Distress Line: 604-872-1234
- Online Chat Service for Youth: [www.YouthInBC.com](http://www.YouthInBC.com) (Noon to 1am)
- Online Chat Service for Adults: [www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)

### Indigenous Resources

- Indian Residential School Survivors: 1-800-721-0066
- 24 Hour Crisis Line: 1-866-925-4419
- Metis Crisis Line: 1-833-638-4722
- KUU-US Crisis Line 1-800-588-8717 – Adults: 1-250-723-4050 – Youth: 1-250-723-2040
- Indigenous Patient Navigator Program: 604-740-7870 (Mon to Fri 8 am to 4 pm)

### Local Resources:

1. Sunshine Coast Community Services Society: Women's Counselling Services, Women's Transition House, Women's Outreach, Victims Services: 604-885-5881; <https://www.sccss.ca/programs/together-against-violence/womens-counselling>
2. Mind Space Skills for Wellbeing (formally CBT Skills Group Society for patients (17.5 - 75 years old) with anxiety, depression, insomnia, and parenting challenges; **Referral** must be made by GP, NP, or walk in clinic. Both online provincially or soon available in-person with Drs. Suzanne Walter and/or Dr. Rahul Gupta. More info at <https://cbtskills.ca/>
3. Mindfulness Medical group Visits (by referral from family physician) for patients living with depression, PTSD, anxiety, chronic pain, chronic physical conditions. Both online and occasionally available in-person with Dr. Rahul Gupta. **Referral** must be made by primary care provider. More info at <http://voice2vision.net/>
4. Chronic Conditions/Pain Self-Management: <http://www.selfmanagementbc.ca/>



5. shísháhlh Nation, Health Department: <https://shishalh.com/support-services/health/>
6. Sunshine Coast Hospice Society: <http://www.coasthospice.com/>

### Books:

- *Scared Sick: The Role of Childhood Trauma in Adult Disease* (Karr-Morse & Wiley)
- *The Pocket Guide to the Polyvagal Theory* (Stephen Porges)
- *The Polyvagal Theory in Therapy* (Deb Dana)
- *In an Unspoken Voice* (Peter Levine)
- *The Body Keeps the Score* (Bessel Van der Kolk)
- *My Grandmother's Hands* (Resmaa Menakem)

### Province Wide Virtual/phone Counselling and support services:

1. Foundry Virtual Youth Counselling (Foundry Virtual BC offers free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people ages 12-24 and their caregivers. Supports offered by video, audio and chat): <https://webapp.foundrybc.ca/home>
2. Big Worries Strong Spirit - Indigenous Parent/Caregiver Support Program (A free telephone coaching program supporting First Nations, Metis and Inuit families across BC, whose children aged 3-12 years are struggling with anxiety): <https://welcome.cmhacptk.ca/bigworries/>
3. CMHA Blue Wave Youth Mental Health Program/Living Life to the Full for Youth (A free 12-hour course that teaches skills for worry, low mood, isolation, healthy thinking, problem solving, confidence, and anger management): <https://bc.cmha.ca/programs-services/blue-wave/>
4. Counselling - For Children and Families Who Have Experienced Loss (The Charlene Reaveley Children's Charity offers **100% funded** counselling sessions for both children and their immediate family members after children have experienced the loss of an immediate family member): [http://www.crcs.ca/Kelty's Key Online Therapy](http://www.crcs.ca/Kelty's%20Key%20Online%20Therapy) - Vancouver Coastal Health - <https://www.keltyskey.com/> Free, self-directed cognitive-behavioural online therapy.



5. Virtual services available for British Columbians who are experiencing anxiety, depression or other mental health challenges:  
<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports>
6. Bounce Back Program (For individuals 18 and older experiencing anxiety and/or mild to moderate depression (PHQ-9 score 21 or lower), community coaches provide telephone delivery of a brief, workbook-based, self-help program to improve mental health): <https://bouncebackbc.ca/>
7. Pacific Postpartum Anxiety and Depression Support (Support groups and telephone counselling for postpartum distress, depression and anxiety – Mothers & Partners): <http://postpartum.org/services/>
8. Anxiety Canada – Mindshift App (Free, self directed, CBT therapy for anxiety): <https://www.anxietycanada.com/resources/mindshift-cbt/>
9. Telus Health – No Cost Counselling for Anxiety A new joint sponsorship: TELUS Health MyCare & Anxiety Canada | Anxiety Canada:  
<https://www.anxietycanada.com/telus-health-mycare/>
10. Anxiety Canada – My Anxiety Plan (My Anxiety Plan (MAP) is an anxiety management program based on cognitive-behavioural therapy (CBT):  
<https://maps.anxietycanada.com/courses/>
11. Counselling through Telus - [Plan the right mental health treatment | TELUS](#)
12. BC Responsible and Problem Gambling Program (Free counselling for individuals and families struggling with gambling):  
<https://www.bcresponsiblegambling.ca/getting-help/find-counsellor>
13. VictimLinkBC – (Toll-free, confidential, multilingual telephone service available across BC and Yukon 24 hours a day, 7 days a week. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence):  
<http://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>
14. Bridge the Gap – Counselling (provides affordable (\$35/session, with bursaries available) one-to-one support to individuals in British Columbia who are affected by eating disorders): <https://www.lookingglassbc.com/programs/bridge-the-gap/>



15. Virtual CBT Skills Groups (Various Cognitive Behavioural Therapy (CBT) Skills Groups for patients (17.5 - 75 years old) with anxiety, depression, insomnia, and parenting challenges; **Referral** must be made by GP, NP, or walk in clinic as screening (PHQ9 and GAD7) is required; **Fee: Participants are required to make a \$65 no-show deposit that is refunded if participants attend 7 of the eight sessions or miss only one.** A hard copy of the workbook is recommended, which is an additional \$35, or patients can access an online version. If a hard copy is preferred, but there is a financial hardship, the fee can be reduced. Refunds for the \$65 can take up to 4 weeks after the group ends to be processed): <https://cbtskills.ca/>
16. Healing Quest Counselling offers mental health counselling and EMDR therapy services for youth and adults. Trauma therapy services with a specialization in Complex Post Traumatic Stress Disorder (CPTSD), childhood developmental trauma, and intergenerational trauma. **Fee: Sliding scale fee (starting at \$40/hr) available based on household and/or individual income. Registered provider with First Nation Health Authority (ie., direct billing to FNHA for Indigenous clients with no cost to those clients):** <https://www.healingquestcounselling.com/>
17. MDABC's Dialectical Behavior Therapy Skills Training program; **GP referral required; covered by MSP when referred by GP:** <https://mdabc.net/additional-medical-treatments/dbt-group-skills-training/>
18. MDABC **Psychiatrist referral required** Narrative, Psychodynamic, and Interpersonal Group Therapies: Narrative (<https://mdabc.net/additional-medical-treatments/narrative-therapy/>); Psychodynamic (<https://mdabc.net/additional-medical-treatments/psychodynamic-group-therapy/>); IPT for perinatal depression (<https://mdabc.net/additional-medical-treatments/interpersonal-psychotherapy/>);
19. MDABC Moves for Mind Program (for clients aged 60+); **GP or Psychiatrist referral required:** <https://mdabc.net/additional-medical-treatments/moves-for-mind-and-mood/>
20. MDABC Jump Step (Physical activity program for treatment of anxiety & depression); **Self Referral:** <https://mdabc.net/additional-medical-treatments/jump-step-exercise-for-the-treatment-of-depression-2/>
21. MDABC Yoga Therapy; **GP or psychiatrist referral required:** <https://mdabc.net/additional-medical-treatments/yoga/>



22. Family Connections - A Support Program for BPD and Emotion Dysregulation (DBT Skills training for individuals 18+ in relationship (even if estranged) with someone who has emotion dysregulation, BPD, or BPD traits (No diagnosis required): <https://sashbear.org/family-connections/>
23. Here to Help - Mental Health and Substance Use Information and Support (Provides access to quality information and resources on mental health, mental disorders and substance use problems and disorders in order to encourage self-management): <https://www.heretohelp.bc.ca/>
24. Here2Talk (Provides free, confidential counselling and community referral services to students registered with a BC post-secondary school): <https://here2talk.ca/home>
25. Hope for Wellness Helpline - Online Counseling Service (offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada): 1-855-242-3310, 24 hours a day, 7 days a week or <https://www.hopeforwellness.ca/>
26. Expressive Wellness Lower Cost Counselling Program (A counselling practicum student program with a self selected fee of \$25-75 a session. Serves people living in Vancouver and throughout the province via online services): <https://www.expressivewellness.ca/lower-cost-counselling.html>
27. Strength Counselling Services Low Cost Virtual Counselling Program (A low cost counselling program for individuals facing financial hardship. This program is for clients who struggle to meet their basic needs due to financial restraint. There is no required fee and the client can choose the fee best fit for their budget. It is a 10 week program (10, 1 hour sessions in 10 weeks): <https://strengthcounselling.ca/>