



Free Virtual Mental Health Resources **During COVID19**

(For all ages, unless otherwise specified)

(April 2020, AF)

****Unsure where to start?**

- 1) Complete a short questionnaire reflecting on your mental, physical and social wellbeing and instantly receive appropriate free/low cost resources at: <https://cmhbc.force.com/MentalHealthCheckIn/s/>

****Virtual Therapeutic Supports**

- 1) **Foundry BC** (ages 12-24 and their caregivers) – virtual drop-in counselling sessions. No referral or assessment required. (Contact 1-833-308-6379 to book an appointment)
- 2) **Moving Forward Family Services** - Supervised counselling interns providing telephone support to those emotionally struggling during COVID. (Leave a message requesting support at 778-321-3054 or by email at counsellor@movingforwardfamilyservices.com)
- 3) **BounceBack@** (ages 15+) - skill-building program for low mood, mild-moderate depression, anxiety, stress or worry. Delivered online or via telephone with a coach (<https://bouncebackbc.ca/>).
- 4) **BC Covid Therapists** - certified counsellors offering short-term individual counselling virtually. (email bccovidtherapists@gmail.com with name, contact info, and appointment time availability)
- 5) **Mental Health Support Line** (available 24/7): trained workers providing emotional support and resources to those in distress and needing someone to talk to. (Call 310-6789 - NO area code before the number).
- 6) **“Always There”** –phone app for live chat counselling services
- 7) **Email Counselling** - <https://youthspace.ca/ecounselling/>

****For Parents**

- 1) **Surrey Parent Leadership Group** (Pacific Community Resources)- Facilitated by (Family Therapist) John Solano, virtually Tuesday’s 6-7pm. (Self-refer: JSolano@pcrs.ca)
- 2) **Family Smart:** peer support, info and navigation of mental health services, assisting families with children facing mental health challenges. (1-855-887-8004, info@familysmart.ca)
- 3) **BCPA Covid-19 Psychological First Aid Support Service** (ages 19+)– Up to 30 minute telephone consult regarding stress, anxiety, or uncertainty due to COVID. psychologists.bc.ca/covid-19-resources

****Online workbooks and resources:**

- 1) **HereToHelp Wellness Modules** – on topics such as mental health, stress, problem solving, sleep, healthy thinking, anger management. (online: heretohelp.bc.ca/wellness-modules)
- 2) **Everyday Anxiety Strategies (EASE, grade K - 7):** fun and practical strategies helping caregivers manage their children’s anxieties and worries in the home during COVID-19 and beyond. <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>
- 3) **Anxiety Canada:** Anxiety related education, resources and coping strategies <https://www.anxietycanada.com/>

****Crisis Support** (available 24/7)

- 4) **Fraser Health Crisis Line:** 877-820-7444
- 5) **1-800-SUICIDE:** (1-800-784-2433) Call if you’re having thoughts of harming yourself or suicide. For help via text message, reach Crisis Services Canada and text 'start' to 45645 1pm-9pm or online at crisiscentrechat.ca

****Child and Youth Mental Health (CYMH)**

- Intake services and counselling for children/youth with moderate to severe mental health issues provided via phone and online. Call your closest Child and Youth Mental Health clinic: https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/cymh_clinic_list_march_19_2020.pdf