

# Mental Health & Wellness Resources

NH COVID-19 Virtual Clinic, Tier 1 & Tier 2 Reference Guide

## Telephone Resources

- **Northern BC Crisis Line:** 1-888-562-1214 or text 250-563-1214
- **Youth Crisis Line:** trained peer support 1-888-564-8336 or text 250-564-8336
- **BC Suicide Line:** If you are considering suicide or are concerned about someone who may be, please call 1-800-SUICIDE or 1-800-784-2433

## Online Resources

- **Suicide Prevention:**
  - **Northern BC Crisis Centre:** List of frequently asked questions about suicide. Useful for anyone who may be having suicidal thoughts or feelings: <https://crisis-centre.ca/faqs/>
- **Coping and Stress during a Pandemic**
  - **Centre for Addiction & Mental Health:** Coping with stress and anxiety during a pandemic: <http://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>
- **Anxiety:**
  - **Anxiety Canada:** Registered charitable organization that develops a wide range of free resources for people dealing with anxiety: <https://www.anxietycanada.com/>
- **Canadian Mental Health Society Bounce Back:** Free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach: <https://bouncebackbc.ca/>

## Apps

- **What's Up App:** Application for organizations seeking a way to support mental wellbeing for their people. Uses an app to capture information, and compiles into a cloud-based admin section: <http://www.thewhatsupapp.com/> (free)
- **Adult Mental Health and Substance Use Mindshift:** Online application featuring Cognitive Behavioural Therapy (CBT) resources to help people struggling with anxiety. Useful for any person who is experiencing anxiety during the COVID-19 pandemic.
  - Information about the app:
    - <https://anxietycanada.com/resources/mindshift-cbt/>
    - <https://www.anxietybc.com/resources/mindshift-app>
  - Apple App Download:
    - <https://apps.apple.com/ca/app/mindshift/id634684825>
  - Android App Download:
    - <https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>
- **Happify:** Uses a variety of games and activities to promote positive thinking: <https://www.happify.com/> (free)
- **T2 Mood Tracker:** Tool for tracking emotional experience over time, to share with healthcare provider.
  - [https://play.google.com/store/apps/details?id=com.t2.vas&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.t2.vas&hl=en_CA) (Android)
  - <https://apps.apple.com/ca/app/t2-mood-tracker/id428373825> (Apple)

- **Calm:** Supports improved sleep and relaxation through meditation, music, movement & more. Some content is free, need to make an account and there is a subscription service which costs money: <https://www.calm.com/>
- **Moodpath:** General mental health app; uses journaling and tracking to improve mental wellbeing: <https://www.moodpath.de/en/>

## Child and Youth Mental Health

- **The Kelty Mental Health Resource Centre:** BC Children’s Hospital MH resource centre. Provides a wide variety of resources and information regarding child and youth mental health & wellness: <http://www.keltymentalhealth.ca/>
- **Foundry BC:** Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC: <http://foundrybc.ca/>
  - Foundry BC is now offering virtual drop-in counselling sessions by voice, video and chat to BC’s young people ages 12-24 and their care-givers: <https://foundrybc.ca/virtual>

## Substance Use

- **BC Centre on Substance Use:** The BC Centre on Substance Use (BCCSU) is a provincially networked organization with a mandate to develop, help implement, and evaluate evidence-based approaches to substance use and addiction. Provides resources specific to substance use in the context of COVID-19: <https://www.bccsu.ca/covid-19/>

## First Nations Health Authority Resources

- **Mental Health & Cultural Supports** – <https://www.fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf>

## Documents

- **Centre for Addiction & Mental Health: Challenging Worries & Anxious Thoughts** – Resource for coping with stress & anxiety during the COVID-19 pandemic: [http://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-challenge\\_worries-pdf.pdf](http://www.camh.ca/-/media/files/camh_covid19_infosheet-challenge_worries-pdf.pdf)
- **Centre for Addiction & Mental Health: Dealing With Problems in a Structured Way** – Resource for coping with stress & anxiety during the COVID-19 pandemic: [http://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-dealing\\_with\\_problems-pdf.pdf](http://www.camh.ca/-/media/files/camh_covid19_infosheet-dealing_with_problems-pdf.pdf)
- **Centre for Addiction & Mental Health: Talking to Children about COVID-19 & its Impact** – Resource for coping with stress & anxiety during the COVID-19 pandemic: [http://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-talking\\_to\\_kids-pdf.pdf](http://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf)