

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<b>Resources for Adult Mental Health</b>				
<b>Crisis Centre</b>	<ul style="list-style-type: none"> <li>• Twice-weekly 30 minute webinars on a variety of mindfulness-based activities that teen viewers can try</li> <li>• Zoom Webinars play Tue &amp; Fri 1:30-2:00 PM</li> </ul>	<ul style="list-style-type: none"> <li>• Job loss due to sickness/injury or shortage of work.</li> <li>• Worked 420-700 hours.</li> <li>• ROE Required</li> </ul>	<i>[Internet access]</i>	<a href="https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation">https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation</a>
<b>British Columbia Psychological Association (BCPA)</b>	<p>Offer psychological support during COVID-19 by providing free consultations (psychological first aid) to individuals experiencing stress, anxiety or uncertainty during this time. Consultations can last up to 30 minutes and there is no limit to how many times this service can be accessed.</p>	BC residents	<p><i>An online request to have a psychologist connect with you within 24 - 48 hours</i></p>	<a href="https://www.psychologists.bc.ca/covid-19-resources">https://www.psychologists.bc.ca/covid-19-resources</a>

*This list has been compiled by the VSB SWIS Program*

## **MENTAL HEALTH SERVICES**

<b>Service or Service Provider</b>	<b>Service or Benefit Description</b>	<b>Who is this for?</b>	<b>How to Apply or How to Access</b>	<b>Website, Phone or other Contact Options</b>
<b>Here2Talk</b>	<b>Free mental health support for students currently registered in a B.C. post-secondary institution</b>	B.C. post secondary students	24/7 via app, phone and Internet	<a href="https://here2talk.ca/home">https://here2talk.ca/home</a>
<b>Centers for Disease Control &amp; Prevention (CDC)</b>	<b>Website with detailed info on the effects of pandemic-related stress and coping mechanisms for that stress</b>	Open to all	<i>[Internet access]</i>	Detailed article and links to other resources at: <a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>

This list has been compiled by the VSB SWIS Program

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
Anxiety Canada	<p><b>My Anxiety Plan (MAP) for Children and Teens</b> is a 46-lesson (10-hour) cognitive-based therapy course helping parents coach anxious children and teens with proven coping</p>	<p>Any parent or caregiver of anxious children or teens, their educators, and the youths themselves</p>	<p>Requires registration, but is free. Click the 'Start Now' button on this web page P to register</p>	<p><a href="https://maps.anxietycanada.com/courses/child-map/">https://maps.anxietycanada.com/courses/child-map/</a></p>
	<p><b>My Anxiety Plan (MAP) for Adults</b> is a 45-lesson (10-hour) cognitive-based therapy course teaching strategies to cope with any anxiety</p>	<p>Adults with mild to moderate anxiety problems</p>	<p>Requires registration, but is free. Click the 'Start Now' button on this web page P to register</p>	<p><a href="https://maps.anxietycanada.com/courses/my-anxiety-plan-map-for-adults/">https://maps.anxietycanada.com/courses/my-anxiety-plan-map-for-adults/</a></p>
	<p><b>MindShift™ CBT</b> is a smartphone app providing a wide range of cognitive-behavioral therapy strategies to help you relax</p>	<p>Adults with mild to moderate anxiety problems</p>	<p>Download the free <i>MindShift™ CBT</i> app from the Apple Store or Google Play</p>	<p><a href="https://www.anxietycanada.com/resources/mindshift-cbt/">https://www.anxietycanada.com/resources/mindshift-cbt/</a></p>
	<p><b>New COVID-19 web page</b> provides education and links to all Anxiety Canada resources that teach or explain all cognitive-behavioral therapy strategies that can help with pandemic anxiety</p>	<p>Any reader interested in anxiety cognitive-behavioral therapy topics</p>		<p>Links to all virus-related Anxiety Canada resources: <a href="https://www.anxietycanada.com/covid-19/">https://www.anxietycanada.com/covid-19/</a></p>

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<b>Canadian Mental Health Assn (CMHA)</b>	<b>A new web page article with links on managing anxiety related to the pandemic</b>	Adults with COVID-19-related anxiety	<i>[Internet access]</i>	<a href="https://cmha.bc.ca/news/managing-anxiety-covid-19/">https://cmha.bc.ca/news/managing-anxiety-covid-19/</a>
	<ul style="list-style-type: none"> <li>• <b>BounceBack® is an online or "telephone-coached" workbook-based, self-help program teaching how to manage mild to moderate depression, low mood, anxiety or stress</b></li> <li>• Coaching is available in English, French, Mandarin, Cantonese or Punjabi</li> </ul>	Adults and youth age 15 years or older with mild to moderate mental health symptoms	To access the materials of this program, registration at the web page to the right must be initiated by your doctor, nurse or school counselor	<a href="https://bouncebackbc.ca">https://bouncebackbc.ca</a>

This list has been compiled by the VSB SWIS Program

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<p><b>Child Mind Institute</b></p>	<p><b>Clinician-led group video chats, remote evaluations &amp; telemedicine, phone consultations and tips on how to manage kids during the COVID-19 crisis</b></p>	<p>Any Parent or Caregiver of children at home</p>	<p>Access options:            • for Facebook Live Chats and Videos of live chats:  <a href="https://www.facebook.com/ChildMindInstitute/live/">https://www.facebook.com/ChildMindInstitute/live/</a>            • Form to request appointment for telemedicine:  <a href="https://childmind.org/our-care/request-appointment">https://childmind.org/our-care/request-appointment</a>            Sign up for tips via</p>	<p>Info available :  <a href="https://childmind.org/coping-during-covid-19-resources-for-parents/">https://childmind.org/coping-during-covid-19-resources-for-parents/</a></p>
<p><b>Kids Help Phone</b></p>	<p>• <b>24/7 confidential professional counseling, information or referrals in English or French via phone or text</b>            • <b>A COVID-19 website with many articles on pandemic- and medicine-related psychological or emotional topics</b></p>	<p>Any kid</p>	<p>Access options:            • Tel: 1-800-668-6868            • Text: Text CONNECT to 686868            • Download the free <i>Kids Help Phone</i> app on Google Play or Apple App Store</p>	<p>General Info plus very informative articles and resource links at:  <a href="https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus">https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus</a></p>

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<p><b>Vancouver Coastal Health (VCH)</b></p>	<p><b>COVID-19 education and educational tools &amp; other resources</b> • provides links to COVID-19 information and resources for community partners who work with vulnerable populations</p>	<p>VCH staff or VCH community partners working with homeless or clients requiring mental health/substance use or other complex care</p>	<p><i>[Internet access]</i></p>	<p><a href="https://sneezesdiseases.com/covid-19-community-resources">https://sneezesdiseases.com/covid-19-community-resources</a></p>
<p><b>The Centre for Addiction &amp; Mental Health (CAMH)</b></p>	<p><b>CAMH provides information, FAQs and suggestions on how to best cope during the uncertainty of COVID-19</b></p>	<p>CAMH patients and their families or caregivers</p>	<p><i>[Internet access]</i></p>	<p><a href="http://www.camh.ca/en/health-info/mental-health-and-covid-19">http://www.camh.ca/en/health-info/mental-health-and-covid-19</a></p>
<p><b>BC Ministry of Mental Health and Addictions</b></p>	<p><b>Tips and links to resources for managing COVID-19 stress, anxiety and depression</b></p>	<p>Anyone suffering stress, anxiety and/or depression about the virus</p>	<p><i>[Internet access]</i></p>	<p><a href="https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf">https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf</a></p>

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<b>BC Mental Health and Substance Use Services</b>	<b>Their Here to Help website provides education, advice and screening self-tests on mental health and substance-abuse topics. They have just published a Help page specific to COVID-19 anxiety and depression.</b>	Any adult researching mental health implications of the pandemic	<i>[Internet access]</i>	<a href="https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety">https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety</a>
<b>University of Toronto</b>	<b>Offering for free a new 10-hour online Psychology course titled <i>Mind Control: Managing Your Mental Health During COVID-19</i></b>	Any reader interested in a university-level treatment on this mind control subject	<i>[Internet access]</i>	<a href="https://www.coursera.org/learn/manage-health-covid-19">https://www.coursera.org/learn/manage-health-covid-19</a>

This list has been compiled by the VSB SWIS Program

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
Autism Speaks Canada	A new web page provides general COVID-19 education, advice and links compiled by this org's Autism Response Team	Any member of the autism and autism caregiving community	[Internet access]	<a href="https://www.autismspeaks.ca/science-services-resources/covid-19-information-and-resources-by-our-autism-response-team/">https://www.autismspeaks.ca/science-services-resources/covid-19-information-and-resources-by-our-autism-response-team/</a>
	• Their CONNECT site's COVID-19: Resources for adults Community hosts resources, tips and information for adults that are relevant for the autism community	Any adult member of the autism community	Registration for free Community membership pops up when you click on the COVID-19: Resources for adults link	<a href="https://connect.autismspeaks.ca/communities/alldiscussions">https://connect.autismspeaks.ca/communities/alldiscussions</a>



*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<b>posAbilities</b>	<b>A general COVID-19 information resource guide and link page from this org that provides a wide range of services supporting people with developmental disabilities in their life's transitions</b>	Any member of the community of developmentally disabled, their caregivers, educators or employment providers	<i>[Internet access]</i>	<a href="https://posabilities.ca/covid-19-resources/">https://posabilities.ca/covid-19-resources/</a>
<b>Dan's Legacy</b>	<b>At-risk counselling and group therapy program changes due to COVID-19:</b> <ul style="list-style-type: none"><li>• <b>One-on-one counselling continues for symptom-free clients</b></li><li>• <b>Gym and outdoor excursions are canceled during the crisis</b></li><li>• <b>Sunday Haven Dinner and Food Bank program continues</b></li></ul>	Homeless, substance-abusing or other at-risk youths between age 15-25 who fear their mental health is at risk	For specific questions: Email: tom@danslegacy.com or Call: 1-604-999-9136  For general info, please visit their website.	<a href="https://danslegacy.com/help/covid-19-information/">https://danslegacy.com/help/covid-19-information/</a>

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<p><b>Aunt Leah's Place</b></p>	<p><b>This provider of one-on-one guidance, food &amp; housing support and job training has put the following programs on hold:</b></p> <ul style="list-style-type: none"> <li>- Moms and Babies Group meetings</li> <li>- Sharing Circle</li> <li>- Essential Skills workshops</li> <li>- Bootstraps Retail Training</li> <li>- Frontier College tutoring</li> <li>• Thrift shop is closed</li> <li>• Nurse Practitioner is closed</li> <li>• <b>Emergency Food distribution and Sunday Haven Dinner continue</b></li> <li>• <b>Dan's Legacy mental health counsellors will still conduct therapy by phone</b></li> </ul>	<p>Children in foster care and mothers in need or threatened with loss of child custody</p>	<p>For emergency food hours and new updates visit the website provided.</p>	<p><a href="https://auntleahs.org/covid-19-updates/">https://auntleahs.org/covid-19-updates/</a></p>
<p><b>ISS of BC Virtual Multicultural Peer Support Group for Immigration</b></p>	<p><b>Online group for newcomer women intersted in connecting with other women during this time to share expeirnces, challenges and resources. Sessions start May 2nd.</b></p>	<p>Newcomer women</p>	<p><i>Rasha Youssef to register by phone or email</i>  <i>Tel: 604-684-7498 ext.1694</i>  <i>E-mail: rasha.youssef@issbc.org</i></p>	<p><a href="https://issbc.org/event/virtual-multicultural-peer-support-group-for-immigrant-and-refugee-women/2020-05-02">https://issbc.org/event/virtual-multicultural-peer-support-group-for-immigrant-and-refugee-women/2020-05-02</a></p>

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<b>Resources for Child or Youth Mental Health</b>				
<b>National Assn of School Psychologists (NASP)</b>	<b>An article on <i>Helping Children Cope With Changes Resulting From COVID-19</i></b>	Any school teacher or psychologist or parent of a school child	<i>[Internet access]</i>	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a>
<b>BC Children's Hospital's Kelty Mental Health Resource Centre</b>	<b>Strategies for talking to children about COVID-19</b>	Any parent or caregiver of children at home	<i>[Internet access]</i>	<a href="https://keltymentalhealth.ca/blog/2020/03/talking-children-about-covid-19">https://keltymentalhealth.ca/blog/2020/03/talking-children-about-covid-19</a>
<b>National Child Traumatic Stress Network</b>	<b>One article providing recommendations to educators supporting students during the COVID-19 crisis</b>	Any educator	<i>[Internet access]</i>	<a href="https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus">https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus</a>

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<b>Autism Speaks Canada</b>	Their <b>CONNECT</b> site's <b>COVID-19: Resources for children and caregivers</b> site hosts resources, tips and information for children and caregivers that are relevant for the autism community	Any child or caregiver member of the autism community	Registration for free Community membership pops up when you click on the <i>COVID-19: Resources for children and caregivers</i> link	<a href="https://connect.autismspeaks.ca/communities/alldiscussions">https://connect.autismspeaks.ca/communities/alldiscussions</a>

This list has been compiled by the VSB SWIS Program

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<p><b>Autism Community Training (ACT)</b></p>	<p>Web page with a very comprehensive list of articles and links to resources to help persons with autism and their families and caregivers cope with COVID-19 mental health issues</p>	<p>Persons with autism and their caregivers, both children and adults</p>	<p>[Internet access]</p>	<p><a href="https://www.actcommunity.ca/covid-19-resources">https://www.actcommunity.ca/covid-19-resources</a></p>
<p><b>Autism Focused Intervention Resources and Modules (AFIRM)</b></p>	<ul style="list-style-type: none"> <li>• COVID-19 Toolkit</li> <li>• A set of 7 strategies to cope with COVID-19 stress called <i>Supporting Individuals with Autism through Uncertain Times</i></li> <li>• Also available in Chinese, Polish and Swedish</li> </ul>	<p>Any caregiver of young adults and children with autism</p>	<p>[Internet access]</p>	<p><a href="https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times">https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times</a></p>

This list has been compiled by the VSB SWIS Program

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<p><b>Urban Native Youth Association (UNYA)</b></p>	<ul style="list-style-type: none"> <li>• <b>Health and wellness counseling as an essential service during the COVID-19 crisis.</b></li> <li>• <b>The UNYA Facebook page provides yoga videos and other relaxation techniques</b></li> </ul>	<p>Indigenous youths between the ages of 12 and 30</p>	<p>Native Youth Health &amp; Wellness Centre (NYHWC) temporary clinic hours and rules:  <a href="https://unya.bc.ca/programs/#calendar">https://unya.bc.ca/programs/#calendar</a>                      Yoga videos and general news:  <a href="https://www.facebook.com/urbannativeyouthassociation/">https://www.facebook.com/urbannativeyouthassociation/</a></p>	<p>General info and signup for E-mail alerts at:  <a href="https://unya.bc.ca/about/covid-update">https://unya.bc.ca/about/covid-update</a></p>
<p><b>Jack.org</b></p>	<p><b>Information, mental health coping tips and links to resources on COVID-19</b></p>	<p>Jack.org's audience of young mental health advocacy activists and youths &amp; young adults</p>	<p><i>[Internet access]</i></p>	<p><a href="https://jack.org/Stories/Our-mental-health-during-COVID-19">https://jack.org/Stories/Our-mental-health-during-COVID-19</a></p>

*This list has been compiled by the VSB SWIS Program*

## MENTAL HEALTH SERVICES

Service or Service Provider	Service or Benefit Description	Who is this for?	How to Apply or How to Access	Website, Phone or other Contact Options
<p><b>Foundry BC</b></p>	<p><b>COVID-19 coping tips and links to resources via its online presence and its integrated service centres health throughout BC</b></p>	<p>Any young person between age 12 and 24</p>	<p><i>[Internet access]</i></p>	<p><a href="https://foundrybc.ca/covid19">https://foundrybc.ca/covid19</a></p>
<p><b>Tolerance for Uncertainty a COVID-19 Workbook by Bay Psychology</b></p>	<p><b>Distress tolerance workbook for students and adults and can be used with youth.</b></p>	<p>Students and adults</p>	<p><i>[Internet access]</i></p>	<p><a href="http://www.childdevelop.ca/sites/default/files/files/Tolerance%20for%20Uncertainty%20Covid-19.pdf">http://www.childdevelop.ca/sites/default/files/files/Tolerance for Uncertainty Covid-19.pdf</a></p>
<p><b>North American Center for Threat Assessment and Trauma Response</b></p>	<p><b><u>First link:</u> Psychological first aid for schools, teachers and students.</b></p>	<p>Students, teachers, education departments, school district leaders, support teachers, social workers, psychologists, counsellors, and other school staff.</p>	<p><i>[Internet access]</i></p>	<p><a href="https://www.nactatr.com/files/2020NACTATR-PFA.pdf">https://www.nactatr.com/files/2020NACTATR-PFA.pdf</a></p>
<p><b><u>Second link:</u> Self-care interventions for students and their families</b></p>	<p><a href="https://www.nactatr.com/files/2020NACTA-TR-RCapxC.pdf">https://www.nactatr.com/files/2020NACTA-TR-RCapxC.pdf</a></p>			