

Succeed Online Program (SOP): Mental Health Resources

If you are in immediate danger or need urgent medical support, call 911

Counselling and (Virtual) Support Resources

- **Here2Talk:** <https://here2talk.ca/home>
Here2Talk connects students with mental health support when they need it. Through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone, and web.
- **Crisis Centre of BC:** <https://crisiscentre.bc.ca/>
Provides youth and adults with an opportunity to talk openly yet confidentially when in distress, or crisis, seek emotional support, and locate referral services in their community. Available 24/7. Calls and online chat available.
- **Foundry BC Virtual Services:** <https://foundrybc.ca/>
Foundry is working to make sure all young people in British Columbia can get the care and support they need, when they need it. We are now offering virtual drop-in counselling sessions by voice, video, and chat to young people ages 12-24 and their caregivers!
- **Surrey Women's Centre:** <https://surreywomenscentre.ca/>
A crisis centre for women and girls escaping domestic violence, sexual assault and other forms of gender-based violence. In-person services are paused but crisis, court and counseling support services are still offered remotely via phone and email. 24-hour crisis line is available for support: 604-583-1295.
- **Access and Assessment Centre:** http://www.vch.ca/locations-services/result?res_id=1186
The Access and Assessment Centre (AAC) is here to help you, your family member or your friend during a non-life threatening mental health and/or substance use issue. Call (604) 675-3700 or walk in between 7:30 a.m. - 11 p.m.
- **310-Mental Health:** <https://www.crisislines.bc.ca/services>
For individuals who would like emotional support, information and resources specific to mental health in British Columbia. The service is available 24 hours a day, 7 days a week and is toll-free anywhere in British Columbia (no need to dial an area code).
- **Covid-19 Psychological First Aid Service:** <https://www.psychologists.bc.ca/covid-19-resources>
COVID-19 Psychological First Aid Service is designed to help any BC resident aged 19+ who is experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic. A brief (up to 30 minute) telephone consultation.
- **VictimLinkBC:** <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>
VictimLinkBC is a toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week by calling 1-800-563-0808 or sending an email to

VictimLinkBC@bc211.ca. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence,

Learn How to Improve your Mental Health

- **BounceBack:** <https://bouncebackbc.ca/>
BounceBack® is a 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, you will get access to tools that will support you on your path to mental wellness.
- **YMCA Y Mind Programs:** <https://www.gv.ymca.ca/mental-wellness>
Youth Mindfulness is a free seven-week Y Mind online program delivered across BC. Youth Mindfulness supports people ages 18-30 who are experiencing symptoms of anxiety to learn and practice evidence-based strategies to increase coping.

Mental Health Information

- **HealthLink BC:** <https://www.healthlinkbc.ca/>
HealthLink BC provides reliable non-emergency health information and advice in British Columbia. Information and advice available by telephone, our website, a mobile app and a collection of print resources.
- **Here to Help:** <https://www.heretohelp.bc.ca/>
We're here to help you find quality information, learn new skills, and connect with key resources in BC. Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.
- **Anxiety Canada:** <https://www.anxietycanada.com/>
Anxiety Canada is a leader in developing free online, self-help, and evidence-based resources on anxiety. Access special resources on coping with COVID-19: <https://www.anxietycanada.com/covid-19/>
- **Canadian Mental Health Association (CMHA):** <https://cmha.bc.ca/>
The Canadian Mental Health Association provides mental health promotion and mental illness recovery-focused programs and services for people of all ages and their families.
- **WE Well-Being:** <https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/>
Free online resource for students, parents and educators to support social and emotional well-being as they navigate the new world of remote learning during the COVID-19 pandemic.

Support for International Students

- **MOSAIC:** <https://www.mosaicbc.org/blog-post/practical-and-emotional-support-for-international-students/>
MOSAIC is one of the largest settlement non-profit organizations in Canada, serving immigrant, refugee, migrant and mainstream communities. Offers settlement, language, employment, counselling, interpreting/translation services and more.

Group Support

- **Living Life to the Full (CMHA):** <https://livinglifetothefull.ca/our-courses/>
Interactive, 8 week online course based on Cognitive Behavioural Therapy delivered in 90 minute sessions. Work with a group facing similar issues and learn how to respond to life's challenges.

Apps

- **MindShift CBT:** https://www.anxietycanada.com/resources/mindshift-cbt/?_ga=2.168638433.1752030997.1588786370-351732712.1588786370
Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.
- **Breathr:** <https://keltymentalhealth.ca/breathr>
Breathr teaches you easy and fun ways to practice mindfulness. Through a series of exercises, Breathr can help you to live in the present moment, while providing interesting facts about the benefits of mindfulness. Mindfulness can be helpful for anyone, regardless of your background or religion. Whether you have a minute a day or 20, Breathr can help you build a healthy and mindful routine.
- **Calm:** <https://www.calm.com/>
Calm is a meditation, sleep and relaxation app. Calm creates unique audio content that strengthens mental fitness and tackles some of the biggest mental health challenges of today: stress, anxiety, insomnia, and depression.
- **Road to Mental Readiness (R2MR):**
https://play.google.com/store/apps/details?id=ca.drdc.rddc.r2mr&hl=en_CA
A mobile training tool (adjunct to classroom training) developed to improve short-term performance and long-term mental health outcomes

Mental Health During COVID-19

- **Foundry BC: Tips for When the News Stresses You Out**
<https://foundrybc.ca/stories/tips-for-when-the-news-stresses-you-out/>
- **How Mindfulness Can Help During COVID-19**
<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

If you need further help navigating mental health resources, please contact a Columbia College counsellor:

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