



Mental Health Self-Management Resources

In your Community:

Neighbourhood houses approach everything in a holistic way, dealing with the whole person, the whole family, the whole neighbourhood and the whole community. They offer tools, knowledge and practical supports that enable individuals to do for themselves, to improve their quality of life and in some cases, to take on leadership roles in their community. Neighbourhood houses help individuals find community and some offer counselling and community navigation. anhbc.org/about-us/

Fairview/Westend

 Gordon Neighbourhood House
gordonhouse.org/

Downtown/Eastside

 Downtown East Side Neighbourhood House
www.dtesnhouse.ca/

South Vancouver

 South Vancouver Neighbourhood House
www.southvan.org/

 Marpole Neighbourhood House
www.marpolenh.org/

Eastend/Southslope

 Kiwassa Neighbourhood House
www.kiwassa.ca/

 Frog Hollow Neighbourhood House
www.froghollow.bc.ca/

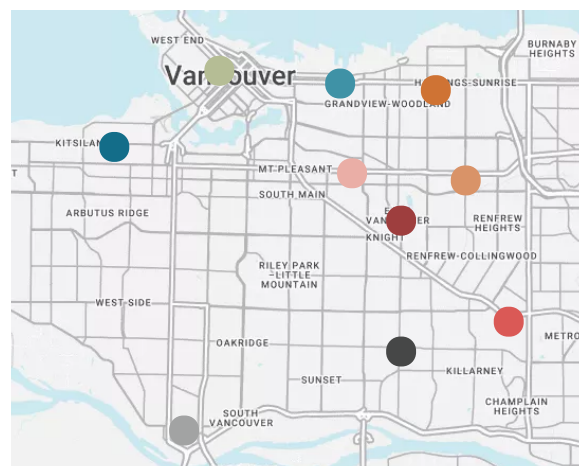
 Collingwood Neighbourhood House
www.cnh.bc.ca/

 Cedar Cottage Neighbourhood House
www.cedarcottage.org/

 Mount Pleasant Neighbourhood House
www.mpnh.org/

Kitsilano

 Kitsilano Neighbourhood House
www.kitshouse.org/



Free/Low Cost Counselling Supports

WELLNESS TOGETHER

Canada

Mental Health and Substance Use Support

1-866-585-0445

All wellnesstogether.ca/en-CA

Health Canada funded website that offers access free virtual counselling and mental health resources across Canada.



604-822-1364

Adults & Family psctc.educ.ubc.ca/counselling-services-link

Counselling is offered through the UBC Psychological Services and Counselling Training Centre in the Faculty of Education for stress management, anxiety, depression, school or relationship issues.



604-683-2554

Adults gordonhouse.org/programs/free-counselling

Gordon House offers a counselling program for individuals, couples or groups navigating grief, loss, anxiety, depression, transition and more. All counselling is supported with regular clinical supervision.

QMUNITY | 1-800-566-1170

LGBTQIA2 qmunity.ca/get-support/counselling

QMUNITY offers ten sessions at a reduced cost of health and wellness counselling for members of the LGBTQIA2+ community.



Family Services
of Greater Vancouver

604-731-4951

All fsgv.ca/programs/traumacounselling

Family Services Vancouver offers Trauma Counselling programs that serve women (cis and trans), people of all marginalized genders (including Two-Spirit, non-binary, agender, and gender diverse people), children, youth, and families who are survivors of trauma, sexual abuse, and family violence.

FOUNDRY | 1-800-784-2433

Youth foundrybc.ca/virtual

Young people aged 12-24 and their caregivers can access virtual services through the Foundry BC app from anywhere in British Columbia!

Hope for Wellness Helpline

1-855-242-3310

Indigenous hopeforwellness.ca

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.

Need help right away?

Contact the Crisis Line at 310-Mental Health (6789) (24/7) for emotional support, information and resources.

Mental Health Supports for Immigrants



604-298-5888

pirs.bc.ca/programs-services

Pacific Immigrant Resources Society supports immigrant and refugee women and children to become active participants in Canadian society.



MOSAIC

604-254-9626

mosaicbc.org/our-services/health-and-counselling

MOSAIC offers many physical health and mental well-being programs to help people in transition and settlement. These programs provide counselling, referrals, and group events to support wellbeing.

Centre de Ressources
Multiculturelles
en Santé Mentale



Multicultural
Mental Health
Resource Centre

514-340-7549

multiculturalmentalhealth.ca

Multicultural Health Mental Health Resource Centre provides multilingual information on mental health problems and treatments as well as information about how to find culturally-appropriate mental health services.



604-324-6212

www.southvan.org/program_category/community-programs

South Vancouver Neighbourhood House offers family and trauma-based counselling services as part of their South Asian settlement programs.

Wellness Tools

· FOUNDRY ·

1-800-784-2433

foundrybc.ca/info-tools/mental-health-substance-use

Youth - Foundry provides information, self-checks, tips, apps & tools, resources and stories from other young people.



BRITISH
COLUMBIA

1-866-639-0522

bouncebackbc.ca

Multilingual skill building - BounceBack® is a free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach.



604-939-9622

gv.ymca.ca/mental-wellness

Wellness tools - Y Mind programs support teens, youth, and adults who are experiencing mild to moderate anxiety or stress. Learn coping skills based on Acceptance & Commitment Therapy, mindfulness, and self-compassion, and connect with peers.



604-872-4902

vancouver-fraser.cmha.bc.ca/programs-services/chinese-mental-health-promotion

The Chinese Mental Health Promotion Program increases awareness of mental health issues, promoting wellness through educational/ recreational/leisure activities as well as reducing the stigma associated with mental illness.



Urban Resilience
Opportunities for Kids

604-872-4902

Youth

vancouver-fraser.cmha.bc.ca/programs-services/urok

Urban Resilience Opportunities for Kids (UROC) is for children and youth ages 8-18. This group helps to build resiliency and instill confidence in children who live with a caregiver affected by mental illness.



604-688-3234

Youth

cmha.bc.ca/programs-services/blue-wave

Blue Wave Youth Wellness Tools - A fun, interactive course that will leave youth with the inspiration and tools to get the most out of life. This course has been shown to improve mood and well-being and reduce stress and anxiety.



604-669-7600

All

heretohelp.bc.ca

Screening and wellness tools - 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.



Canadian Mental
Health Association
Mental health for all

416-646-5557

cmha.ca/find-info/mental-health/check-in-on-your-mental-health/mental-health-meter

Understanding the characteristics that make up good mental health will help you determine how mentally fit you are.

APPS

These apps are funded through government initiatives



604-620-0744

MindShift - anxietycanada.com/resources/mindshift-cbt

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.

PocketWell

1-866-585-0445

Pocketwell - www.wellnesstogether.ca/en-CA/pocketwell

PocketWell is a companion app for Wellness Together Canada, which allows you to:
Use your mobile device to complete self-assessments and access Wellness Together Canada resources;
Track your mood from day to day; and Set reminder notifications for the self-assessment and the Mood Meter



BC211 can help you navigate to resources like the ones included in this guide and offer counselling support in your area. **Call 211 or visit bc211.ca**