

# MENTAL HEALTH RESOURCES DURING THE COVID-19 PANDEMIC

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## Virtual mental health supports during COVID-19

Virtual services are available for British Columbians who are experiencing anxiety, depression or other mental health challenges.

Last updated: **December 21, 2020**

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- [Free or low cost counselling](#)
- [Courses and programs](#)
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### COVID-19 response



Information for residents of B.C. about COVID-19, including:

- Vaccines
- Benefits and supports
- PHO orders and guidelines

[Get COVID-19 information](#)

### Mental health check-in tool



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## Managing COVID-19 Stress, Anxiety & Depression

News and information about the spread of COVID-19 is coming at us quickly. It can be hard to remain calm given all that is going on. Stress, anxiety, and depression are not unusual for people of all ages. But there are things we can do as individuals and collectively to deal with stress and support one another during these challenging times.

Last Updated: **May 19, 2020**

The British Columbia Centre for Disease Control is the best source for COVID-19 health information

[Get COVID-19 health information](#)

### 1. Know the Facts

Using reliable sources of information will ensure that what you do learn is fact, not fear-based.

- [BC Centre for Disease Control](#)
- [HealthLinkBC](#)
- [Health Canada COVID-19](#)
- [The World Health Organization](#)

### B.C.'s Response to COVID-19



Learn about how government is supporting essential services for things like:

- Housing & monthly bills
- Child care
- Transportation

[COVID-19 Provincial Support](#)



# COVID-19 Mental Health Supports



Author: Canadian Mental Health Association, BC Division

Doctors in BC continue to ask people to seek medical help when they need it—don't put off going to a doctor, clinic, or hospital if you are unwell. If you think you have a mental illness or start to experience new or worsening symptoms of a mental illness, seek help! Talk to your family doctor or contact your mental health care provider. If you don't have a family doctor, you can contact a walk-in clinic. Some clinics ask that patients call first to consult with a doctor and some clinics have changed their operating hours, so it's a good idea to check with your usual walk-in clinic. You can find walk-in clinics, mental health intakes, and other services through [HealthLink BC](#).

## ON THIS PAGE:

- [Free psychotherapy or counselling](#)
- [Paid psychotherapy or counselling](#)
- [Courses and programs](#)
- [Crisis lines, help lines, and online chat platforms](#)
- [Community services and support groups](#)
- [Self-help and self-management](#)





## Bounce Back

Weekly calls and homework with your personal coach to combat depression, anxiety, stress and worry. Program funded to expand for COVID-19 and available directly, without a doctor's referral.

[Learn More](#)

## Living Life to the Full

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.

[Learn More](#)

## Community Counselling

Expanded COVID-19 funding to serve more people, through local community-based organizations. Funding will provide free or low-cost counselling by phone or online for people who don't have access otherwise.

[Learn More](#)

## Peer support for Care Workers

Confidential Peer support for long-term care and home support workers. This new Covid-19 response program is accessible by phone or text, and will be staffed by former workers.

[Learn More](#)

## Peer Support

Expanding access to peer support and system navigation for people living with mental illness or substance use problems. Based in community at CMHA branches across BC.

[Coming Soon - Alert Me](#)

## Care for Caregivers

Training and education resources to improve psychological health and well being for workers responding to COVID-19. A partnership between SafeCareBC and CMHA will make these resources available

[Learn More](#)



# GET HELP IMMEDIATELY

## **310Mental Health Support**

Call [310-6789](tel:3106789) for emotional support, information and resources specific to mental health

## **1-800-SUICIDE**

Call [1-800-784-2433](tel:18007842433) if you are experiencing feelings of distress or despair, including thoughts of suicide

## **KUU-US Crisis Response Service**

Call [1-800-588-8717](tel:18005888717) for culturally-aware crisis support for Indigenous peoples in B.C.

## **Alcohol and Drug Information and Referral Service**

Call [1-800-663-1441](tel:18006631441) to find resources and support

# PROVINCE OR NATION-WIDE SUPPORT

## Free or low cost counselling

- Wellness Together Canada



- BC COVID-19 Mental Health Network

Access free, phone-based, short-term support with a counsellor.

Email [bccovidtherapists@gmail.com](mailto:bccovidtherapists@gmail.com) to receive an appointment time.