
Mental Health Resources

Crisis Resources:

- Emergency Room or Burnaby Urgent Primary Care Centre (UPCC)
- Fraser Health Crisis Line – 604-951-8855 – free, and confidential, emotional support, crisis intervention, and community resource information to people of all ages, 24 hours a day
- Crisis Line Association of BC – toll-free: 310-6789 (no area code needed) – 24/7 mental health crisis support and information.
- Crisis Centre – Suicide Prevention Helpline – 1-800-SUICIDE (1-800-784-2433) 24/7 crisis intervention
- Crisis Centre Chat – <https://crisiscentrechat.ca> – online chat
- Help Stars Here – <https://helpstartshere.gov.bc.ca> – Mental health and substance use support
- Kids Help Phone – Toll Free: 1-800-668-6868 – referrals and professional counseling to children and youth ages 5 to 20 years across Canada
- HealthLink BC – call 811 – navigation support, and telephone advice from RNs
- BC 211 – call 211– 24/7 social and health services navigation support provides free information and referral to a range of community social and government services

Counseling:

Private Pay Counselling is often covered through Insurance Extended Health Benefits

- Imperial Medical Clinic
 - Clinical counsellors that work out of IMC – Book at <https://imperialmedicalclinic.janeapp.com>
- BC Psychological Association – Find a psychologist section
 - <https://psychologists.bc.ca/find-psychologist>
- BC Association of Clinical Counsellors – <https://bcacc.ca/counsellors>

Burnaby Primary Care Network

- You may be eligible for several free sessions with a counsellor if you do not have access to covered counseling – speak to your doctor if you are interested
- <https://burnabypcn.ca/health-supports/allied-health>

Mind Space – <http://mind-space.ca> – Virtual CBT skills free for BC Residents – ask for a referral from your MD

Bounce Back – <https://bouncebackbc.ca> – free skill-building program designed to help 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.

BC Mood Disorders Association counseling and support groups

- <https://mdabc.net/programs/counselling-and-wellness-centre-mdabc>

Websites:

- HereToHelp – <https://www.heretohelp.bc.ca>
- Canadian Mental Health Association – <https://bc.cmha.ca>
- HealthLink BC – <https://www.healthlinkbc.ca>
- BC Mood Disorders Association – <https://www.anxietycanada.com>
- Anxiety BC – <https://www.anxietycanada.com>
- Mysleepwell – <https://mysleepwell.ca>
- Sleepio – <https://sleepio.com> – online CBT program for insomnia. CBT-I has been shown to reduce time to fall asleep, and reduce time spent awake.

Smartphone Apps:

- Mindshift
- Calm
- CBT-I coach – insomnia coach

Books:

- "Mind Over Mood: Change How You Feel By Changing The Way You Think" by Denis Greenberger and Christine Padesky
- "Sink Into Sleep" by Judith Davidson