

During a time of increased stress and social isolation it is important to prioritize good mental health. Below is a list of several mental health resources meant to meet some of our church's mental health needs.

Counselors

- <http://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>
 - This is a list of low-cost or sliding-scale counselors in the Vancouver area.
- <https://bc-counsellors.org/counsellors/>
 - This link is to a more comprehensive list of registered counselors.

Youth

- <https://foundrybc.ca/>
 - Foundry is a resource for youth (ages 12-24), they have online services as well as a variety of other forms of mental health resources.

Crisis Help

- <https://cmhabc.force.com/MentalHealthCheckIn/s/>
 - This is a link to an online mental health check-in, there is also a phone number for a crisis line.
- <https://www.keltyskey.com/>
 - This is a link somewhat similar to the online mental health check-in above: it is a self-guided or therapist led online therapy tool for anxiety, chronic pain, complicated grief, depression, family support, insomnia & substance use problems.
- http://www.vch.ca/locations-services/result?res_id=1186
 - This is a link to the Access and Assessment Centre, and includes a phone number and physical location of the centre. The AAC is a resources for non-life threatening mental health and/or substance abuse issues.
- <https://www.healthlinkbc.ca/mental-health-substance-use/resources/crisis-line>
 - This link has several different phone numbers to call for those experiencing mental health crisis.

Courses

- Below are the links to several free courses offered by the Canadian Mental Health Association
 - <https://livinglifetothefull.ca/>
 - Living Life to the Full is a 12 hour online course to help understand your feelings, thoughts, and behaviors.
 - https://bouncebackbc.ca/#gf_3
 - Bounce Back is a skill-building program with an adult and youth stream, needs a referral from a GP.
 - <https://welcome.cmhacptk.ca/>
 - Confident Parents: Thriving Kids is a program for parents with kids ages 3-12, dealing with anxiety or behavioural challenges, need a referral from a GP, paediatrician or school.
- <https://www.sanctuarymentalhealth.org/subscription/the-sanctuary-course/>

- *The Sanctuary Course* is a study guide for small groups, designed to raise awareness and start conversations in local churches regarding mental health.