

# RESOURCES FOR

*Designed for those living in BC, accessible from anywhere.*

## 01

Need help immediately?  
[Call the Crisis Line Association of BC](#) at 310-6789 for emotional support, information and resources specific to mental health (no area code needed).

## 02

[Mind Map BC](#) is a custom-made database of outpatient mental health services including professional counselling, peer counselling, support groups, and others.

## 03

[Wellness Together Canada](#) offers this five-minute self-assessment.

## 04

[This page](#) on the [BC government](#) site offers a list of support for healthcare workers, young people, students, educators, parents, seniors, and more.

## 05

[Here to Help](#) offers options for free psychotherapy or counselling.

## 06

[UBCP/ACTRA](#) offers a full list of BIPOC and LGBTQ+ Mental Health Supports.

## 07

[The Ending Violence Association of BC](#) offers a comprehensive list of victims services across BC.

## 08

[eMentalHealth](#) offers [this list](#) of publicly funded and free services for immigrants and newcomers.

# MENTAL HEALTH SUPPORT

## 09

[Bounce Back](#) is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.

Thank you to the team leading the [Assessing the Mental Health Impacts of COVID-19: A National Survey](#) at UBC for their contributions to this resource list.