













## SELF-MANAGEMENT RESOURCES



The following table contains a list of free resources that you can use to learn, support and self-manage mild to moderate mental health concerns. Information regarding the programs is taken directly from their websites and is in their words, wherever possible.

Topic	Resource	Description
<b>Anxiety</b>	 <p><a href="http://www.anxietycanada.com">www.anxietycanada.com</a></p>	<p>Resources and strategies to help you cope with anxiety, including being uncertain about the future, getting sick, feeling isolated, talking with young children, etc.</p>
<b>Anxiety/Depression</b>	 <p><a href="http://www.bouncebackbc.ca">www.bouncebackbc.ca</a></p> <p><b>BounceBack®</b> is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.</p>	<p>Two versions of the program available – for either adults or youth, with three formats to choose from. Click on adult or youth for the following programs:</p> <p><b>BounceBack® Today Video</b> Get instant access to a free video series that introduces the CBT-based materials used in the Coaching and Online program. Use this access code to register: <b>bbtodaybc</b> <a href="https://www.bouncebackvideo.ca/">https://www.bouncebackvideo.ca/</a></p> <p><b>BounceBack® Online</b> Free instant access to nine self-paced online modules that use cognitive behaviour therapy (CBT) to help improve your coping skills. <a href="https://online.bouncebackonline.ca/">https://online.bouncebackonline.ca/</a></p> <p><b>BounceBack® Coaching</b> With a practitioner, school counsellor or self-referral, work on CBT-based materials with a trained coach for free. Self-refer through the website. Visit: <a href="https://bouncebackbc.ca/register/">https://bouncebackbc.ca/register/</a></p>
<b>Depression Youth</b>	 <p><a href="http://dwdonline.ca">dwdonline.ca</a></p>	<p>No sign up required</p> <p>For teens who are coping with depressed mood.</p>

Topic	Resource	Description
<b>Family Support/Mental Wellness/Substance Use</b>	 <p>heretohelp Mental health and substance use information you can trust</p> <p><a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a></p>	<p>Find the information you need to manage mental health and substance use problems, and learn how you can support a loved one. The website features self-screening tests, stories, self-guided workbooks and resources.</p> <p>Mindfulness resources: <a href="https://www.heretohelp.bc.ca/wellness-module/wellness-module-11-mindfulness">https://www.heretohelp.bc.ca/wellness-module/wellness-module-11-mindfulness</a></p>
<b>Mental Wellness Family Support Adult/Children/Youth</b>	 <p>Canadian Mental Health Association Association canadienne pour la santé mentale</p> <p><a href="http://www.cmha.ca/document-category/mental-health">www.cmha.ca/document-category/mental-health</a></p>	<p>Looking for mental wellness tips or interested in more information about a specific area like Anxiety, Depression, Eating Disorders, Loneliness or Care for the Caregiver. Check out the brochures for more information.</p> <p>Confident Parents: Thriving Kids program- Behaviour and Anxiety program available for families with referral. Referral form <a href="https://welcome.cmhacptk.ca/ref/">https://welcome.cmhacptk.ca/ref/</a></p>
<b>Mental Wellness/Substance Use</b>	 <p>camh</p> <p><a href="http://www.camh.ca/en/health-info">www.camh.ca/en/health-info</a></p>	<p>Centre for Addiction and Mental Health (CAMH) has a vast catalogue of verified, research-informed mental illness material.</p>
<b>Family Support/Mental Wellness/Substance Use</b>	 <p>kelty mental health resource centre</p> <p><a href="http://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a></p>	<p>Mental health and substance use information, and peers support for children, youth and families. Information on Mental Health, Healthy Living, Challenges and Disorders, Substance Use, Medications, and Resource Library.</p> <p>Mindfulness resources: <a href="https://keltymentalhealth.ca/mindfulness">https://keltymentalhealth.ca/mindfulness</a></p>
<b>Mental Wellness</b>	 <p>Crisis Centre™ Here to listen. Here to help.</p> <p><a href="http://www.crisiscentre.bc.ca/mindfulness">www.crisiscentre.bc.ca/mindfulness</a></p>	<p>Coping using mindfulness. Learning simple techniques can grow your awareness of what's going on and what you can do to create more ease in your life.</p>
<b>Physical Wellness</b>	 <p>Self-Management British Columbia</p> <p><a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a></p>	<p>Adults with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These evidence-based programs provide information, teach practical skills and give people the confidence to manage their health condition(s).</p> <ol style="list-style-type: none"> <li>1. Community group self-management programs Check website for community group near you.</li> </ol>

Topic	Resource	Description
		<p><a href="https://www.selfmanagementbc.ca/default.aspx?lang=1&amp;seo=home">https://www.selfmanagementbc.ca/default.aspx?lang=1&amp;seo=home</a></p> <p>2. One-to-one telephone support.</p> <p><a href="https://www.selfmanagementbc.ca/healthcoachprogram">https://www.selfmanagementbc.ca/healthcoachprogram</a></p>
Physical Wellness	 <p><a href="http://www.healthlinkbc.ca/services-and-resources/about-8-1-1">www.healthlinkbc.ca/services-and-resources/about-8-1-1</a></p>	<p><b>8-1-1</b> is a free-of-charge provincial health information and advice phone line. Translation services are available in more than 130 languages. You can speak with a health service navigator, who can help you find health information and also connect you with a Registered Nurse, Dietician, Exercise Professional and Pharmacist.</p> <p>Call <b>811</b> to speak to a <b>Registered Dietician</b>. They offer telephone, email and web-based nutrition information, education and counselling. Questions about food and nutrition? Email a Dietician at <a href="https://www.healthlinkbc.ca/healthy-eating/email-healthlinkbc-dietitian">https://www.healthlinkbc.ca/healthy-eating/email-healthlinkbc-dietitian</a></p> <p>Visit <a href="https://www.healthlinkbc.ca/healthy-eating">https://www.healthlinkbc.ca/healthy-eating</a> to learn about healthy eating.</p>
Mental Wellness Youth	 <p><a href="http://www.mindyourmind.ca/tools/mood-mindyourmind">www.mindyourmind.ca/tools/mood-mindyourmind</a></p>	Resource for youth who are looking for relevant information on mental health and creative stress management.
Mental Wellness Youth	 <p><a href="http://www.foundrybc.ca/virtual">www.foundrybc.ca/virtual</a></p>	<p>Foundry is offering free and confidential virtual drop-in counselling sessions by voice, video and chat to young people ages 12-24 and their caregivers. No referral or assessment required.</p> <p>Call 1-833-FØUNDRY (that's FØUNDRY with a zero! or 1-833-308-6379) to book an appointment.</p>

Please contact Dana Vollrath ([dana.vollrath@interiorhealth.ca](mailto:dana.vollrath@interiorhealth.ca)) to report any updates, additions or comments regarding the list.

If you would like additional support with managing your mental wellness, please contact your local Interior Health program at the link below for a list of services.  
<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Documents/MHSU%20Centres.pdf>

Other Free Support Lines:

- Emergency Crisis Line: 1-888-353-2273
- Suicide Prevention: 1-800-SUICIDE (784-2433)
- KUU-US (Aboriginal) Crisis Line: 1-800-588-8717
- Kid's Help Phone: 1-800-668-6868
- Métis Crisis Line: 1-833-MÉTISBC (638-4722)

*We acknowledge we live, work and play on traditional, ancestral, and unceded First Nations Territory. We acknowledge the Métis Nation and their contribution to Aboriginal ways of being and knowing in Canada.*