

FRASER
NORTHWEST
DIVISION OF
FAMILY PRACTICE

Adult Health Services Handbook

 Fraser Northwest
Division of Family Practice
A GPSC Initiative

Resources:

- Adult Mental Health • Substance Use • Counselling & Support • Aboriginal Services
- Refugee Services • LGBT Services • Chronic Pain Services

Recognition

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This information is current as of Spring 2019



CRISIS SUPPORT

What is a mental health crisis?

- Intense anxiety or depression
- Suicidal thoughts or attempts
- Threatening violence
- Distorted thinking
- Self-harming

Fraser Health Crisis Line

For Adults – Provides support to adult (19+) residents experiencing mental illness, and substance issues. Trained volunteers provide toll-free telephone support and crisis intervention counselling, 24 hours a day, seven days a week. You can also call for information on local services or if you just need someone to talk to.

604-951-8855 or toll-free 1-877-820-7444

Online Service for Adults

www.CrisisCentreChat.ca (Online chat is available from Noon- 1:00am in BC)

Online Service for Youth

www.YouthinBC.com (Online chat is available from Noon- 1:00am in BC)

1.0) Emergency Lines

Police: 9-1-1

Ambulance: 9-1-1

Fire Department 9-1-1

Poison Control (24 hours): 604-682-5050 /
1-800-567-8911

Crisis - Phone Resources:

1800SUICIDE (1 800 784-2433)

24-hour toll-free phone number uses routing technology to direct calls to the nearest network crisis line partner.

Fraser Health Crisis Line (24 Hours)

604-951-8855,
or toll-free 1-877- 820-7444

Culturally Sensitive Crisis Line for Aboriginal peoples

1-800-KUU-US17(588-8717)

BC Mental Health Crisis & Distress Line (24Hours)

310-6789 (No area code needed)

Call 9-1-1 if you or someone else requires immediate react for injuries/overdose or the person is at risk of seriously harming themselves or others.

1.1) Non-Emergency Lines

New Westminster:

Police: 604-525-5411

Ambulance: 604-872-5151

Fire Department: 604-519-1000

Coquitlam & Port Coquitlam:

Police: 604-945-1550

Ambulance: 604-872-5151

Fire Department: 604-927-6400

Port Moody:

Police: 604-461-3456

Ambulance: 604-872-5151

Fire Department: 604-469-7795

Deaf & Hearing Impaired TTY: 7-1-1

Tri-Cities Mental Health Centre:

604-777-8400 (Monday- Friday, 8:00-4:30)

Health Link BC (BC Nurse line) 24 hour, confidential health information and advice:
8-1-1

Hospitals:

New Westminster- The Royal Columbian

Hospital: 604 520-4253

Port Moody/Coquitlam- Eagle Ridge

Hospital: 604 461-2022

Burnaby Hospital: 604 434-4211

1.2) Crisis Lines & Victim Services

Non-Emergency Crisis –

Fire Department

· New Westminster:

604-519-1000

· Coquitlam:

604-927-6400

· Port Moody:

604-469-7795

· Burnaby:

604-294-7190

**Crisis Intervention and Suicide Prevention
Centre of BC:**

A volunteer-based organization that helps people deal with crisis. Service available 24 hours a day.

www.crisiscentre.bc.ca

1-800-SUICIDE (1-800-784-2433)

Crisis Chat

Online chatting is a good way to get help without having to talk to someone face to face or over the phone. You can feel safe to tell it all behind the safety of your computer or mobile device.

<http://crisiscentreachat.ca/> (Online chat is available from Noon to 1 AM in BC and Yukon Only)

VictimLink

Even if you're not sure if you have been a victim of crime, you can call VictimLink BC for assistance. Your call will be completely confidential.

Learn more at www.victimlinkbc.ca.

1-800-563-0808 (toll-free in BC and Yukon)

24 hours a day.

TTY 604-875-0885

Text @ 604-836-6381

Victims Assistance Unit

New Westminster

24 hour crisis and trauma response.

555 Columbia Street, New Westminster

604-525-5411

Surrey Women's Support Line

Provides confidential 24 hours/7 days a

week crisis line service and practical

assistance to victims of domestic violence, sexual assault, child abuse and other forms of family violence.

604-583-1295

**BC Society for Male Survivors of Sexual
Abuse - Low Cost***

Providing individual counselling and group therapy for males who have been sexually abused.

3126 West Broadway, Vancouver

604-682-6482

**S.A.F.E.R. Suicide Attempt Follow-up,
Education & Research (Free)**

Up to 6 months of counselling for those who are suicidal, family and friends support for those who know someone is suicidal and grief services for those who had loss due to suicide.

For Residents of Vancouver only

Monday to Friday 8:30-4:30pm

#301-1669 East Broadway, Vancouver

604-675-3985

Purpose Society

Free & Low Cost*

Individual, couple and family counselling.

Group counselling

www.purposesociety.org

604-526-2552

PEACE Program

Free trauma counselling for children affected by family violence aged 3-18.

401-1638 East Broadway, Vancouver

604-874-2938

Fraser Health REACT

Fraser Health has specially trained staff who respond to and investigate reports of possible abuse and neglect of adults. These responders are located in hospitals and community programs throughout Fraser Health.

Email: react@fraserhealth.ca

1-877-REACT-08 (1-877-732-2808)

Seniors Abuse & Information Line

If you are an older adult who has been abused or mistreated call the Seniors Abuse & Information Line (SAIL) 7 days a week from 8:00am to 8:00pm, to get a referral to their legal advocate and other programs.

For more information about their programs and resources visit <http://seniorsfirstbc.ca/> 604-437-1940 or toll free at 1-866-437-1940

Phone Resources:

- Dementia Hotline (Alzheimer Society of BC) 1-800-936-6033
- 24-hour Distress Line: 310-6789 (don't add a 604 or 250 area code)
- 24-hour BC Nurse Line and Pharmacist Line: 8-1-1

Tri Cities Mental Health and Substance Use Services

Provides a range of health care and support services for adults with mental health issues. Services include assessment, treatment, counselling, education, and referral to community resources.

<http://bit.ly/MentalHealthCentresFHA>

604-777-8400

1.3) Shelters

Shelter and Street Help Line

For people in the Lower Mainland looking for emergency accommodations and other essential services. Available to call 24 hours, 7 days a week.

Call: 604-875-6381

Text: 604-836-6381

Deaf and hard of hearing: 604-875-0885

Shelter Information list: 2-1-1

A region-wide referral line for shelters and other essential services for all ages and genders.

Dial 211 (no area code)

Local Shelters:

3030 Gordon Project, Coquitlam:

You can contact the front desk any time. The building is staffed 24 hours a day, every day. If no one is able to answer when you call, please leave a message. Individuals needing to stay at the shelter can show up in person any time. Pets are welcome and three meals a day are provided.

604 474 0435

New Westminster Shelter - Lookout Housing & Health Society

Assists individuals who are currently homeless, or at high risk of evictions with advocacy, assessment, and referral.

info@lookoutsociety.ca

604-529-9126 ext. 105

Charlford House Society for Women

Burnaby BC

Women 19+, Drug & Alcohol Addiction Recovery + Accommodation

604 420-4626

The Salvation Army (Belkin House)

The Belkin House personal development plan program provides supported housing to 77 men and 35 women with some rooms accommodating children. Anger management program for men and women, and group therapy are also provided.

555 Homer Street, Vancouver

Email: residential@belkinhouse.ca

604-872-7676

Elizabeth Fry Society

Drop in centre and residence for homeless women. Also provides resources for other housing centres for both women and their children. Free.

402 E. Columbia Street, New Westminster
604-520-1166

1.4) Food Resources:

Share Foodbank

Provides bi-weekly food and emergency hampers for Tri-Cities' individuals and families in need, regardless of source of income.

www.sharesociety.ca/food-bank

Quest Food Exchange

Offers access to affordable and healthy food for those facing barriers through not-for-profit grocery markets. Clients need a referral to access this service.

<http://www.questoutreach.org/>

604-682-3494

Food Skills for Family

The FSF program is a hands-on six-session weekly cooking program that teaches healthy eating, shopping and cooking skills. The curriculum is written to meet the unique needs of each of the four target populations: Aboriginal, new immigrant, Punjabi and low-income families. It involves a learning component and hands-on cooking in each 3-hour session.

<http://foodskillsforfamilies.ca/>

Meals on Wheels*

Providing home delivery of nutritional meals throughout the Tri-City area using a network of volunteer drivers to the residents of Coquitlam, Port Coquitlam and Port Moody who are unable to shop, prepare or cook meals for themselves.

pocomomealsonwheels.com

604-942-7506

ADULT MENTAL HEALTH SERVICES

How to Access Support:

If you are feeling like you need care from mental health services, you should first see your family doctor. Your doctor will conduct an assessment and refer you to the appropriate services if you require additional care. If you do not have a family doctor you can call or walk-in to the Mental Health Centre to make a self-referral.

2.0) Mental Health Resources

BC Mental Health and Addictions

www.bcmhas.ca

BC 211 – Community and Social Services Directory and Referrals

Community, social and government supports for all areas of mental and physical health

www.bc211.ca

HeadsUpGuys

Resources, services and programs to improve the mental health and well-being of men.

<https://headsupguys.org/>

Share Community Resources

Offers free or low cost addictions counselling for adults and adolescents in Coquitlam, Port Moody, and Port Coquitlam.

<http://sharesociety.ca/substance-use>

604-936-3900

2.1) Fraser Health – Mental Health and Substance Use Centres

Interdisciplinary team members work together with the person experiencing mental illness and substance use concerns to achieve mental wellness and recovery goals. Some of these services include:

- Assessments
- Medication reviews and monitoring
- Crisis interventions: help in moving through crisis situations
- Consultation and navigating the systems
- Counselling
- Provide education around mental illness and treatment options

No Physician Referral Required.

LOCATIONS:

New Westminster Mental Health Centre:

403 Sixth Street, 2nd floor
New Westminster, BC V3L 3B1
604-777-6800

Tri-Cities Mental Health Centre: Coquitlam, Port Moody, Port Coquitlam

#1 - 2232 Elgin Avenue
Port Coquitlam, BC V3C 2B2
604-777-8400

Burnaby Mental Health Centre:

3935 Kincaid Street
Burnaby, BC V5G 2X6
604-453-1900

2.2) Mental Health: Family Support

Caring for Carers

- Providing support for carers of people with schizophrenia and psychosis.
1-888-888-0029

Family Support Services Program

- Support for family, friends and natural supports of adults with mental health and/or substance use concerns.
www.fraserhealth.ca/mentalhealth
1-833-898-6200

Suicide Info -

- Education centre able to respond to individual, community and organization needs to gain information, education, and skills to respond to the risk of suicide. Resources for the bereaved of suicide.
www.suicideinfo.ca
1-833-456-4566 (4357)

Mental Health Advocacy:

Mental Health Advocate Burnaby/New Westminister

- Assistance with CPP/Income
- Assistance/Disability applications.
604-547-0106

Mental Health & Recovery

New View Society

Cooperative community designed to create a healthy environment for individuals who are recovering from mental illness.
2050 Mary Hill Road, Port Coquitlam
www.newviewsociety.org
email: newview@newviewsociety.ca
604-941-3222

2.3) Rapid Access Clinic

For Adults (19+)

The Rapid Access Clinic (RAC) provides timely access to a one-time consultation with a Psychiatrist and nurse from your local Mental Health Centre (MHC), in order to provide your General Practitioner (GP) or Nurse Practitioner (NP) with treatment recommendations. Following your service at the clinic, your GP or NP will receive a report from the Psychiatrist outlining your treatment plan. Your GP or NP will then continue with your treatment. Physician referral required.
<http://bit.ly/FHA-RAC>

Goals:

To provide more immediate access to timely psychiatric consultation to support and enhance the capacity of GPs to care for their patients.

Locations:

New Westminister Mental Health Centre-
Rapid Health Clinic: 604-777-6800

Tri-Cities Mental Health Centre-
Rapid Health Clinic: 604-777-8400

Burnaby Mental Health Centre-
Rapid Health Clinic: 604-453-1900

2.4) Child & Youth Wellness

Mental Health Support

Call: 310-6789 or
1-800-SUICIDE (1-800-784-2433)

Online Service for Youth

www.YouthinBC.com
(Online chat is available from Noon to
1:00am in BC)

Youth Crisis- Live 24-Hour Chat

Suicide prevention and crisis centres in BC
provide this online service along with its
staffed telephone lines.
1-866-872-0113

Mind Check

Mindcheck.ca is a website designed to help
BC youth and young adults, ages 13 to 25,
to better understand mental health
challenges and learn about steps they can
take to improve their well-being. Support
includes education, links to self-care tools,
and assistance in connecting to local
professional resources.
www.mindcheck.ca

Child and Youth Mental Health Centres

Walk-in intake

- Tri-Cities (Coquitlam, Port
Coquitlam, Port Moody)
300 - 3003 St. Johns Street, Port
Moody Tuesday & Thursday 9:00am
- 3:30pm
- New Westminster
201 - 1065 Columbia Street
Tuesday 12:00am - 4:00pm.

Kids Help Phone

Toll-free, confidential and anonymous
telephone and online counselling and
referral service for young people up to age

20, available 24 hours a day, seven days a
week. Learn more about Kids Help Phone.
1-800-668-6868

Kids Help Phone Online Chat

Wednesday to Sunday, 3:00pm to 11:00 pm
in BC to connect you with a Kids Help Phone
counsellor, on the web or from a
smartphone.

<https://kidshelpphone.ca/live-chat/>

START Team

Fraser Health's START program provides
assessment and intervention services to
children and teens (ages 6 – 18)
experiencing a mental health crisis.
Monday to Friday: 9:00am to 9:00pm
Weekends and holidays: Noon to 9:00pm.
1-844-START11 (1-844-782-7811)

Alcohol and drug information and referral service

Available to anyone needing help with any
kind of substance use issues, 24 hours a
day, seven days a week. Provides
information and referral to education,
prevention and treatment services, and
regulatory agencies.
604-660-9382 or toll-free 1-800-663-1441

BC Children's Kelty Mental Health Resource Centre

The Centre provides mental health and
substance use information, resources, help
with mental health system navigation and
peer support to children, youth and their
families from across BC. All of our services
are free of charge. You can reach us over
the phone, in person or by email.

Email: keltycentre@cw.bc.ca

- www.keltymentalhealth.ca
- 1-800-665-1822

COUNSELLING & GROUP PROGRAMS

3.0) Counselling & Support

If you are looking for a highly trained professional to help address your specific mental health concerns, visit the links below to learn more and to find a provider.

A good place to start when seeking treatment options for your mental health is to speak with your family physician.

Free Counselling:

UBC Counselling Centre

Provides personal, couple and family counselling. Counselors are in training, receiving supervision. (Free)
821 8th Street, New Westminster
604-525-6651

Purpose & Moving Forward Services

Free 1:1 counselling services.
40 Begbie Street, New Westminster
604-526-1007

SFU Clinical Psychology Centre

Provides free assessments and psychological treatment for children, adolescents, families as well as group therapy. Services provided by Masters and Doctoral level graduates.
Saywell Hall 9044-8888 University Drive, Burnaby
778-782-4720

Burnaby Family Life

Free therapy to women/children who have experienced abuse and violence. Open to New West residents if they have a history of childhood sexual abuse. Parenting and pregnancy programs.
2011 Holdom Avenue, Burnaby
604-659-2217

Family Services of Greater Vancouver

(Vancouver, Richmond, New Westminister)
*Low Cost**

Provides professional counselling to children, adults, couples, and families living in the Lower Mainland. The professionally trained counselling assists families, couples, and individuals. Daytime and evening appointments available to clients. Fees for service are charged on a sliding scale based on household income.

English, Cantonese, Mandarin, Korean, Hindi and Punjabi are spoken.

<https://fsgv.ca/counselling/>

Phone: 604-874-2938

Cameray Child and Family Services

- Provides many types of counselling programs (Burnaby and New Westminister residents) to children, youth, and their families based on their needs. Each of these programs may include individual counselling for the child or youth, parent support, and/or family therapy. For more information and a link to a referral form, go to:
<http://cameray.ca/counselling-programs/>
Phone 604-436-9449 (Press "0")
Fax: 604-436-1990

Moving Forward Family Services

*Low Cost**

- A client-centered, anti-oppressive approach to provide safe, accessible, affordable counselling to all.
- Drop-in sessions: Fridays and Sundays from 12:00 pm- 2:00pm at our main office: 103 – 12827 76th Avenue, Surrey
- Appointments booked by calling or emailing

- <https://mffs.ca/>
- Text or call 778-321-3054; email: counselling@mffs.ca

Peer Support:

New Westminster Peer Support Group

Free & Drop in

- Peer led support group attended by people who live with any mental health condition.
Thursdays 7:00pm-9:00pm at the Sherbrooke Lounge: 260 Sherbrooke Street, New Westminster

7 Cups

7 Cups is a website which providing free peer support to people experiencing emotional distress by connecting them with trained listeners.

<https://www.7cups.com/>

3.1) Community Services

Fraser Health Mental Health Centres

Services include:

- Assessments
- Medication reviews and monitoring
- Crisis interventions: help in moving through crisis situations
- Consultation and navigating the systems
- Counselling
- Provide education around mental illness and treatment options

No Physician Referral Required.

Locations:

New Westminster Mental Health Centre

403 Sixth Street, 2nd floor
New Westminster, BC V3L 3B1
604-777-6800

Tri-Cities Mental Health Centre Coquitlam, Port Moody, Port Coquitlam

#1 - 2232 Elgin Avenue
Port Coquitlam, BC V3C 2B2
604-777-8400

Burnaby Mental Health Centre

3935 Kincaid Street
Burnaby, BC V5G 2X6
604-453-1900

Fraserside Community Services Society

New Westminster

Free Adult & youth counselling services.

Group counselling, & child counselling.

You can self-refer by calling the office, or come by to make an intake appointment.

Intake appointments are held every Tuesday and Wednesday mornings.

Location: 2nd floor, 519 Seventh Street in New Westminster.

Monday to Friday 9:00am-5:00pm

<http://www.fraserside.bc.ca/>

604-522-3722 (ext. 101)

Share Community Resources

Offers free or low-cost addictions counselling for adults and adolescents in Coquitlam, Port Moody, and Port Coquitlam.

<http://sharesociety.ca/substance-use/>

Phone: 604-936-3900

Canadian Mental Health Association of BC
310-6789 (no area code required)

Bounce Back – Free with GP referral

The Bounce Back Program is a free, evidence-based program designed to help adults and youth experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. **Requires a physician referral.**

<http://bit.ly/BounceBackCMHA>

Telephone: 604-872-4902, Toll-Free: 1-866-639-0522, Fax: 604-872-5934

MoodGYM Training Program

Learn cognitive behaviour therapy skills for preventing and coping with depression and anxiety.

<https://moodgym.com.au/>

3.2) Psychologists

British Columbia Psychological Association:

This forum allows you to search by city, client type, area of practice, therapy method, and language.

<http://bit.ly/PsychologistSearchBCPA>

www.PsychologyToday.com

Through benefits

A list of counsellors and therapists available in your area based off your postal code with different benefit coverages listed.

3.3) Community Drop-in Programs and Resources

Anxiety BC

A leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. Our site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety.

311 – 409 Granville Street, Vancouver

www.anxietybc.com

604-525-7566

BC Schizophrenia Society

Education and caring support for families affected by serious mental illness. The family unit is our first responsibility and primary focus; the person with the illness is always included in the definition of family.

www.bcscs.org

604-270-7841

Borderline Personality Disorder Society of BC Peer Support Group.

The peer support group is a free, drop-in format comprised of a half-hour check-in, an hour discussion period, and a half hour social with tea and snacks. You do not need a formal diagnosis of BPD to attend. Groups typically run on a weekly basis in Vancouver at the Coast Mental Health Office.

Please contact Coral More by email:
CoralMore@gmail.com

Canadian Mental Health Association BC www.cmha.bc.org

Through our family of over 100 local, provincial and national locations across Canada, CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. Mental health begins where you live, learn, work and play. Together, we are making a difference. (Includes Bounce Back Programs – Self-help DVD's & telephone Coaching)

www.bouncebackbc.ca
604-688-3234

Mood Disorders Association of BC

The MDABC is a nonprofit organization that provides treatment, support, education, and hope of recovery for people living with a mood disorder. We serve to build awareness and understanding in communities throughout the province, reaching out to as many people as possible.
www.mdabc.net
604-873-0103

Here To Help

A group of seven leading mental health and addictions non-profit agencies, working together to help people live well and better prevent and manage mental health and substance use problems.

www.heretohelp.bc.ca

www.heretohelp.bc.ca/self-help-resources

Email: bcpartners@heretohelp.bc.ca

Here to Help-Self Management Guide for Managing Substance Use

Call: 310-6789 (no area code)

Kelty Mental Health Resource Centre

Mental Health information and resources for families.

www.keltymentalhealth.ca

Antidepressant Skills Workbook

ASW is a self-care manual based on scientific research about which strategies work best in managing depression. It provides an overview of depression, explains how it can be effectively managed, and gives a step-by-step guide to changing patterns that trigger depression. In this self-care guide, we show how to use cognitive and behavioural methods to make important changes in thinking and actions that help one to emerge from depression and make it less likely to recur.

<http://bit.ly/AntidepressantSkills>

3.4) Mental Health Resources for Seniors

Alzheimer Society of BC – Caregivers

Support Groups

Support services & education programs for people impacted by dementia throughout BC.

www.alzheimer.ca/bc

1-800-667-3742

604-298-0780

Dementia Hotline (Alzheimer Society of BC)

1-800-936-6033

Seniors Services Society

Offers services such as housing assistance, shuttle bus, housekeeping, meals on wheels, and Lunch Club - providing New Westminister seniors (60+) opportunities for friendly social outings and affordable meals out.

Monday to Friday 8:30am to 4:30pm

750 Carnarvon Street, New Westminister,
BC V3M 1E7

604-520-6621

Seniors Navigator

If you are an elderly patient or know someone who is isolated, lacking family support, or has trouble accessing food, transportation or other programs, you/they may benefit from the support of the Seniors Navigator. Your GP can assist with referral or you can self- refer by calling the number 604-467-6911

ABORIGINAL SERVICES

4.0) Aboriginal Mental Health & Crisis Resources

Culturally Sensitive Crisis Line for Aboriginal Peoples

KUU-US Crisis Response Services provides culturally sensitive support and counselling to Aboriginal peoples 24 hours a day, 7 days a week.

Culturally sensitive help

Available 24 hours a day, 7 days a week

First Nations helping First Nations

www.kuu-uscrisisline.ca/

1-800-KUU-US17(588-8717)

Aboriginal Mental Health Case and Mental Health Liaison Services

Aboriginal mental health case manager and Aboriginal mental health liaisons can provide assessment, referral, counselling support services, and liaise with other mental health workers in hospital and community.

604-814-5642

Native Youth Crisis Line

1-877-209-1266 (Available 24/7)

4.1) Aboriginal Health Resources

Spirit of the Children Society

An Aboriginal non-profit society based in BC serving families in the Burnaby, New Westminister, and the Tri-Cities area (Coquitlam, Port Coquitlam, Port Moody).

The goal is to empower and strengthen Aboriginal families by providing support and resources through the programs offered.

<https://www.sotcs.ca/>

604-524-9113

Kwikwetlem First Nation

Health & Wellness:

Email: reception@kwikwetlem.com

www.kwikwetlem.com/healthandwellness

604- 540-0680

First Nations Health Authority

For assistance with First Nations Health benefits, patient travel and advocacy contact the Kwikwetlem, Qiqéyt or Coast Salish Nations regional liaison by calling the number below.

In-person Inquiries: 1166 Alberni Street (near Thurlow Street), Room 701, Vancouver BC

Email: healthBenefits@fnha.ca

1-855-550-5454

Vancouver Coastal Health- Aboriginal Health

Monday to Friday 9:00am to 5:00 pm 288 - 2750 East Hastings Street, Vancouver, BC, V5K 1Z9

<http://www.vch.ca/your-care/aboriginal-health>

604 675-2530

Vancouver Native Health Society

To improve and promote the physical, mental, emotional and spiritual health of individuals, focusing on the Aboriginal community residing in Greater Vancouver.

www.vnhs.net

604-255-9766

Aboriginal Health Services

200-520 West 6th Avenue Vancouver, BC, V5Z 1A1

604-708-5248

4.2) Aboriginal Mental Health Resources

Native Mental Health Association of Canada

National not-for-profit association that is governed and managed by Aboriginal leaders to improve the lives of Aboriginal populations by addressing healing, wellness, and other mental health challenges.

<http://www.nmhac.ca/>

Aboriginal Wellness Program

The Aboriginal Wellness Program (A.W.P.) develops and delivers culturally safe mental wellness and addiction programs for First Nations and Aboriginal people residing within the Lower Mainland including:

- Counselling
- Therapeutic Groups
- Cultural Support & Teachings

2750 East Hastings Street

Email: aboriginalwellnessprogram@vch.ca

<http://bit.ly/AboriginalWellness>

Phone: 604 675-2551

Aboriginal Mental Health Outreach

Perry Omeasoo – Aboriginal Mental Health Liaison

perry.omeasoo@vch.ca

604- 674-2530 ext:22240

Strengthening Families Together – First Nations

This program is based on the core Strengthening Families Together program, adapted to honor and include First Nations culture and traditions. It was developed by BC Schizophrenia Society in partnership with leaders from the Stó:lō Nation. The program is facilitated by a trained community member and incorporates

traditional cultural practices, creating a culturally safe environment.

<https://www.bcsc.org/bcsc-programs/>

Network for Aboriginal Mental Health Research

This database describes existing mental health promotion, prevention and intervention programs and models for Aboriginal peoples in Canada.

www.namhr.ca/mental-health-programs/

Refugee Health Services

Umbrella Multicultural Health Co-op

As a cooperative community health centre, we are delivering culturally-appropriate health care to immigrants and newcomers in the Lower Mainland. We offer a full Family Practice, pediatric care, a mobile clinic, and many more services.

Address: 48 Sixth St, New Westminster BC

Email: info@umbrellacoop.ca

604-553-0633

Vancouver Association for the Survivors of Torture (VAST)

We provide trauma-focused psychological counseling for refugees in one-on-one and group settings. We use psycho-education, emotion self-regulation, and information sharing to prepare our clients for the short-term refugee claim and long-term settlement processes. We provide referrals to health, housing, and settlement services.

We work with our community partners in the health and social services sectors to create a network to support our clients' basic needs.

www.vast-vancouver.ca

604-255-1881

Immigrant Services Society

Immigrants and refugees now have help from a regional services hub in Vancouver.

A one-stop support centre for essential newcomer services including housing, health care, trauma support & treatment, child & youth programming, and more.

<http://issbc.org>

604-684-2561

LGBTQ2 Resources & Services

Qmunity – BC's Queer Resource Centre

Non-profit organization based in Vancouver, BC that works to improve queer, trans, and Two-Spirit lives.

Our counselling program is a professional, volunteer and practicum students-based service providing free short-term counselling to members of LGBTQ/2S communities.

www.qmunity.ca

1-800-566-1170

Talkspace - Online Therapy for the LGBT Community

Talkspace is therapy for how we live today—accessible 24/7, affordable & 100% secure. Our 1000+ licensed counselors are standing by to help you deal with whatever life throws your way.

<https://www.talkspace.com/online-therapy/lgbt/>

Tri Cities Pride Group – Facebook Page

<https://www.facebook.com/TriCitiesPrideSociety/>

New West Pride

<https://www.newwestpride.ca/>

SUBSTANCE USE

5.0) Fraser Health Substance Use Resources

Fraser Health Alcohol and Drug Information and Referral Service

For anyone needing help with any kind of substance abuse issues, 24 hrs a day, 7 days a week. Information and referral to education, prevention and treatment services, and regulatory agencies.
 604-660-9382
 Toll Free: 1-800-663-1441

Fraser Health – Mental Health and Substance Use Centres

Interdisciplinary team members work together with the person experiencing mental illness and substance use concerns to achieve mental wellness and recovery goals.

LOCATIONS:

- New Westminister Mental Health Centre:
 403 Sixth Street, 2nd floor
 New Westminister, BC V3L 3B1 604-777-6800
- Tri-Cities Mental Health Centre:
 Coquitlam, Port Moody,
 Port Coquitlam
 #1 - 2232 Elgin Avenue
 Port Coquitlam, BC V3C 2B2
 604-777-8400
- Burnaby Mental Health Centre:
 3935 Kincaid Street
 Burnaby, BC V5G 2X6
 604-453-1900

5.1) Naloxone Training Narcan Kits

The following publicly-listed locations provide no-cost Take Home Naloxone (THN) kits and overdose recognition and response training to community members.

New Westminister Public Health Unit

Individual Training Group training dependent on staffing.
 #218, 610 6th St. New Westminister
 Monday-Friday: 8:30am - 4:00pm
 Call to confirm staff availability
 604-777-6740

Purpose Society

Individual Training drop-in (pend staff available)
 40 Begbie St. New Westminister
 Mon-Fri 9:00am-4:00pm
 604.526.2522

Burnaby Public Health Unit

Group or Individual Training. Call to confirm staff availability.
 #300, 4946 Canada Way, Burnaby BC
 Monday-Friday: 8:30am - 4:00pm
 604-918-7605

Westminister Medical Clinic

7636 6th St. Burnaby BC
 Individual Training
 Call for information (drop-in & appointment)
 604-777-7095

Tri-Cities - Public Health Unit

#200, 205 Newport Dr.
 Group or Individual Training
 Monday-Friday: 8:30am - 4:00pm
 604-949-7200

Stride with Purpose Mobile Health Van
Mobile Unit. Call for access
Group or Individual training
7 days/week (call to confirm availability)
604-351-1885

Alcohol and Drug Information and Referral Service

Lower Mainland: 604.660.9382
Toll-free line: 1.800.663.1441
For more information on Take Home Naloxone or to watch a training video please visit:
<http://towardtheheart.com/naloxone/>
or
<http://FraserHealth.ca/Overdose>

To contact the Fraser Health Harm Reduction Program email:
overdose@fraserhealth.ca

or Drop-in or call the clinic to book an appointment.

Physician referral: You can ask your doctor for a referral if you would prefer
Phone: 604-777-8709
Fax: 604-777-8403

Opioid Agonist Treatment (OAT)

Burnaby Mental Health and Substance Use
3935 Kincaid Street, Burnaby
Monday - Friday 8:30am – 4:30pm
604-453-1930

**Fraserside Community Services Society-
New Westminster. Cost: Free.**

- Substance Use Counselling Services for Adults
- Location: 2nd floor, 519 Seventh Street in New Westminster.
- Monday to Friday 9:00am-5:00pm
- <http://www.fraserside.bc.ca/>
You can self-refer by calling the office or come by to make an intake appointment. Intake appointments are held every Tuesday and Wednesday mornings.
604-522-3722 (ext. 101)

5.2) Substance Use Support Services

Opioid Agonist Treatment (OAT) Clinic

Port Moody. Free
A new outpatient Opioid Agonist Treatment Clinic has opened in Port Moody.

- Provides prescribed medications to people who have an opioid use disorder.
- Clients can get connected to psychosocial support such as counselling
- Clinic services are free and available to anyone with opioid use disorder, regardless of where they live
- Clinic Address: 700-220 Brew Street, Port Moody, BC. V3H 0E5
- Hours of Operation: Monday-Friday, 10:00am-6:00pm (call to confirm)

To self-refer: Call the Substance Use Services Access Team: 1-866-624-6478

Family Support Services Program

Support for family, friends and natural supports of adults with mental health and/or substance use concerns.
www.fraserhealth.ca/mentalhealth
1-833-898-6200

Port Moody Share Family and Community Services' Alcohol and Drug Program

Are you concerned about substance use by yourself or someone you care about? This program is open to the public in a drop-in forum, and covers topics ranging from trauma and substance use, to stress and relapse prevention, and many more. This program is open to everyone in the

community, and is free to attend. On 13 consecutive Tuesdays from 6:30 to 8:00pm. Share offices: 2615 Clarke St., Port Moody.

Fraser Health Alcohol and Drug Information and Referral Service

Available to anyone needing help with any kind of substance abuse issues, 24 hrs a day, 7 days a week. Provides information & referral to education, prevention and treatment services, & regulatory agencies. 604-660-9382
Toll Free 1-800-663-1441

Al-Anon

Helping families and addicts cope and hope. <http://bit.ly/AlAnonMeetings>
1-877-254-3348

Alcoholics Anonymous (AA)

<http://district42aa.com>

Narcotics Anonymous (NA) Meetings

<http://www.bcna.ca>
1.855.444.BCNA (2262)

BC Nar-Anon

<http://www.nar-anon.org>
1-800 477-6291

Cocaine Anonymous (CA)

<http://www.ca-bc.org>
1-866-662-8300

BC Life Ring Meetings

<http://www.liferingcanada.org>
1-888-920-2095

Self-Management and Recovery Training (SMART Recovery)

<http://www.smartrecovery.org>
1- 866-951-5357

Western Canada Detox Program

Toll-Free: 1-855- 561- 4506
Medically assisted detox & therapy.
Columbia St E 301 207 New Westminster,
BC V3L 3W5
www.westerndetox.com
604-553-2262

Inner Visions Recovery Society

24-hour toll free phone line. Creates a safe and nurturing community for men and women suffering from addiction in a safe and organized environment. Created and operated by people who have conquered their demons of alcohol and drug addictions.
email: info@westminsterhouse.ca
Men: 1-877-939-1420
Women: 1-866-466-4215

The Last Door

Adult and Adolescent treatment for alcohol, drugs, gambling, food, video-gaming, internet and nicotine addiction. 15 Fraser Health Beds, 20 private beds and 15 youth beds. New Westminster
<https://lastdoor.org/>
Recovery Helpline 1-888-525-9771
Front desk: 604 525-9771

Burnaby Centre for Mental Health & Addiction

We provide specialized inpatient treatment services for BC adults (over 19 years) with severe and complex concurrent substance addiction and mental health concerns. You need a referral to use this service, please phone us for more information. 24 hours a day, 7 days a week
3405 Willingdon Avenue, Burnaby BC
Phone: 604-675-3950

GENERAL ADULT HEALTH RESOURCES

7.0) BC Medical Coverage

BC's publicly-funded health care system ensures that all eligible BC residents have access to medically necessary health care services through the Medical Services Plan and to eligible prescription medications, medical supplies, and pharmacy services through the Pharmacare program.

www.hibc.gov.bc.ca

604-683-7151

HealthLink BC

Simply dial 8-1-1 from anywhere in BC to connect with registered health professionals specially trained to provide confidential health information and advice on the telephone. Nurses are available 24 hours daily, pharmacists between the hours of 5:00pm and 9:00am and dietitians from 9:00am to 5:00pm Mon-Fri.

- Translation Services available in over 130 languages
- Toll-Free 24-Hour Health Line: Dial 8-1-1
- Deaf and hearing-impaired: Dial 7-1-1

Low Cost Dental Services*

- <http://bit.ly/reducedcostclinics>
- <http://bit.ly/LowCostDentalBC>

College of Dietitians of BC

www.collegeofdietitiansofbc.org

604-736-2016

Health Link BC- Dietitians

HealthLink BC provides a direct link to Registered Dietitians to answer your questions about nutrition and dietetic services. Speak to a Registered Dietitian,

toll-free in BC at 8-1-1, Monday to Thursday 8:00am to 8:00pm and Fridays 8:00am to 5:00pm. For deaf and hearing-impaired assistance (TTY), call 7-1-1. Translation services are available in over 130 languages on request.

<https://www.healthlinkbc.ca/dietitian-services>

SAME DAY ACCESS MEDICAL CLINICS

Looking for a Family Doctor?

- Visit the FNWD Website at:
<https://www.divisionsbc.ca/fraser-northwest>
- Ask family and friends for a recommendation and if their family doctor is currently accepting new patients.
- Use Healthlink BC to find a local Walk-in Clinic.
<http://bit.ly/HealthLinkServices>
- Use Medi-Map to see the current wait times for Walk-in Clinics.
<https://medimap.ca/>

7.0) Walk in Clinics

Check medimap.ca for walk-in clinic wait times.

All family practice clinics within the FNW region can be found in the comprehensive map below.

<http://bit.ly/MedicalClinicsFNW>

Care Point Medical Clinic- New Westminster

Open 7 days a week, hours vary
140 – 555 6th Street, New Westminster BC,
V3L 5H1
604-523-1166

Viva Care Clinic- Port Coquitlam

Open Monday-Saturday, hours vary
Inside Walmart
2150 Hawkins Street, Port Coquitlam
778-216-1822

Mercy Medical Clinic – Coquitlam

Open Monday-Friday 9:00-6:00; Saturday
9:00-1:00
Inside Superstore
1301 Lougheed Hwy, Coquitlam
778-398-3080

PrimeCare Medical - Burnaby

7315 Edmonds St, Burnaby
<http://bit.ly/PrimeCareMedical>
604- 519-3767

7.1) Virtual Clinics

Speak to a doctor from the convenience of your home, with a virtual (online) doctor's appointment.

Equinox BC Virtual Clinic (EQ Virtual)

Virtual walk in clinic - no fees
<https://eqvirtual.com/british-columbia/en/>
Clinic Hours: Open Mo-Fr 6:00am-9:00pm |
Sa 9:00am-5:00pm | Su 7:00am-12:00pm
1-888-547-5575

Cost Care Virtual Clinic (Live Care)

Monthly or annual subscription based fees*
<http://coastmedical.ca/video-visits/>
24/7 Doctors & Nurses
support@livecare.ca
www.livecare.ca
1-855-599-8817

Medview MD

Email: info@medviewmd.com
Hours: Monday - Friday: 9:00 am - 5:00pm
<https://medviewmd.com/>

Viva Care telehealth

Free online doctor's appointments
<http://vivacare.ca/telehealth.html>

CHRONIC PAIN RESOURCES

8.0) Regional Pain Clinics

Pain Clinic/ OAT Clinic

Port Moody.

- Clients can get connected to psychosocial support like counselling
- Clinic services are free
- Clinic Address: 700-220 Brew Street, Port Moody, BC.
- Hours of Operation: Monday-Friday, 10:00am-6:00pm (*hours may vary – call to the clinic to confirm*)
- Phone: 604-777-8709
- Fax: 604-777-8403

To self-refer: Call the Substance Use Services Access Team at 1-866-624-6478; or Drop-in or call the clinic to book an appointment.

Physician referral: You can ask your doctor for a referral if you would prefer.

Chronic Pain Clinic- Surrey BC

Offers pain management for adults experiencing chronic pain through assessment, care and education by a team of health professionals.

For patients aged 17 and over.

<http://bit.ly/ChronicPainClinicSurrey>

Fraser Health Pain Clinic

It's important to see your primary health care provider if you have new pain, your pain gets worse, or your treatment isn't managing your pain. Your primary health care provider may order specific examinations and tests to help determine the cause of the pain or refer you to specialists for further diagnosis or treatment. Good communication with your primary health care provider is vital to getting the help you need.

Use a pain Diary: Describe your pain using words like throbbing, stabbing, burning, aching, tingling, dull, pressing, numb, or electric shock.

Bring a family member or friend along to medical visits to make sure you don't miss any important information.

<http://bit.ly/SurreyChronicPainClinic>

Pain BC – Pain Clinic Directory

Access to many of the clinics require a referral from your family physician.

Pain BC has compiled a list of pain clinics located throughout the province.

Additionally, some of the clinics will only accept referrals from patients within a particular health authority (i.e. Fraser Health, Vancouver Coastal Health) or catchment area. Your family doctor has knowledge of many of the pain clinics listed in Pain BC's directory and can determine if a referral to a pain clinic is the best option for the management of your chronic pain.

www.painbc.ca/chronic-pain/clinics-and-services

8.1) Chronic Pain Practitioners

Pain BC – Find a Practitioner Near You

Pain BC delivers ongoing professional education in best practices for chronic pain management to health care providers. The goal is to improve clinical practice and outcomes for people living with pain. Hundreds of BC health care providers including occupational therapists, physiotherapists, chiropractors, and pharmacists have completed a Pain BC workshop. Pain BC has developed an online mapping tool to help you and many of the Pain-BC trained practitioners. The map also includes many health care providers who have completed pain management training at accredited institutions.

www.painbc.ca/chronic-pain/practitioners

8.2) Chronic Pain Allied Health Care Associations

If you are looking for a highly trained professional to help address your specific chronic pain concerns, visit the association links below to learn more. A good place to start when seeking treatment options for your chronic pain is to speak with your family physician.

Coverage Information:

Looking for access to confidential counselling? Do you have access to an Employee Assistance Program? An Employee Assistance Program (EAP), or Employee and Family Assistance Program (EFAP) is a confidential, information, counselling, consultation and referral service designed to provide employees and their eligible family members professional assistance to address a wide range of personal, family and work-related concerns.

BC Association of Clinical Counsellors

Not feeling like yourself? Learn how counselling can help, how to choose a counsellor and search for counsellors near you. www.bc-counsellors.org
250-595-4448

BC Chiropractic Association

Chiropractors work closely with patients who are struggling with back pain, neck pain, headaches, sprains or strains, or other issues involving muscles, joints, and nervous system. Learn how chiropractors can help you, what to expect during a visit and search for chiropractors near you.
<http://bit.ly/FindChiropractor>
604-270-1332

BC Psychological Association

Are you looking for a highly trained mental health professional to help address your specific concerns? The BC Psychological Association offers a listing of Registered Psychologists in your area. You can search by location, area of concern, therapy method, and other criteria.
www.psychologists.bc.ca
604-730-0522

College of Traditional Chinese Medicine Practitioners & Acupuncturists of BC

www.ctcma.bc.ca
Looking for more information about acupuncture?
Some people use acupuncture to relieve pain, such as low back pain, or to manage chronic pain from osteoarthritis, headaches, or neck problems. There is some evidence that acupuncture may help to treat pain. To learn more, visit HealthLink BC.
<http://bit.ly/AcupunctureBC>
604-738-7100

Counselling BC

Counsellors Specializing in Chronic Pain*
Counselling BC's website has a directory that you can search (by postal code or name) for counsellors with an interest in pain management.
<http://bit.ly/ChronicPainCounsellors>

Physiotherapy Association of BC

Physiotherapy can help with arthritis, chronic pain, and painful neurological conditions such as head traumas, migraines and headache disorders. Physiotherapists work closely with patients to make sure they are getting the right care for their condition, injury or mobility issue, so that they can get back to enjoying life and the activities they love most. Visit the website to find out how physio can help.
<http://bit.ly/PhysioBC>
604-736-5130

Registered Massage Therapists' Association of BC*

Massage Therapists work with illness, injury and disability in diverse and broad patient populations. They focus on disorders of the musculoskeletal and related systems.
www.rmtbc.ca
604-873-4467

The Canadian Association of Occupational Therapists*(BC Chapter)

Occupational Therapy is a type of health care that helps to solve problems that interfere with a person's ability to do things that are important to them – everyday things like: self-care (getting dressed, moving around), being productive (going to work, participating in the community), and leisure activities (sports, gardening, social activities).
<http://bit.ly/OccupationalTherapyBC>
1-800-434-2268

8.5) Self-Management Pain Resources – Referral Required

Call the **Pain Support Line** at
1-844-880-PAIN.

Pain BC: Coaching for Health

A free telephone or video conference coaching program to help people living with pain learn self-management skills, regain function and improve their well-being.

www.painbc.ca/coaching

Physician referral form:

<http://bit.ly/DocReferral>

8.6) Self-Management Pain Resources – Self-Referral

Chronic Conditions Self-Management Program

Workshops for persons with one or multiple chronic conditions. Friends and family members welcome.

www.selfmanagementbc.ca

604-940-1273 or 1-866-902-3767

Pain BC: Live Plan Be

A free online self-management tool designed to help individuals take care of their life and their pain.

www.liveplanbe.ca

Pain BC: Connect for Health:

Connecting people in pain to resources that go beyond the doctor's office (i.e. income, isolation, housing, employment, food security, child care, education, other)

<http://bit.ly/PainSupport>

Pain BC: My Care Path - For Kids & Teens in Pain (and their families)

A free online resource for teens ages 12 - 17. When it comes to pain in children and teens, early intervention is key. This site gives teens the right information so they

can take action and be in charge of their own pain management plan.

mycarepath.ca

Apps to Help Manage Chronic Pain

Pain BC has compiled a list of helpful apps to help you manage your pain with technology. The majority of the apps are free.

Go to page #10 of *Pain BC Toolbox*

<http://bit.ly/PainBCToolbox>

Pain BC: Pain Waves Podcast

Discussions on the latest pain management tools, trends, stories, and research with a variety of experts, including pharmacists, pain doctors, and physiotherapists, as well as people in pain.

www.spreaker.com/show/pain-waves

Pain BC: Pain Toolbox

Feeling overwhelmed? Check out this resource to get you started on managing your pain. Pain often gets in the way of our hopes and dreams, but it doesn't have to. If pain has made you feel broken and lost, we can help you get your life back. Don't give up! We can all make changes when we try things one small bite at a time. An online & print version is available on the website.

<http://bit.ly/PainBCToolbox>

People in Pain Network: Adult Pain Toolkit

Developed to help adults manage the daily challenges facing people living with persistent pain.

<http://bit.ly/PainToolkit>

People in Pain Network: Youth Pain Toolkit

Developed to help youth manage the daily challenges facing people living with persistent pain.

<http://bit.ly/PainToolkit>

Pain Diary

Use this diary to record details about your pain, including how you treated it and how effective the treatment was. This will help you keep track of what works and what doesn't. Show this to your doctor at your next appointment so your doctor can better understand your pain level and what you're doing about it. <http://bit.ly/Pain-Journal>

Retrain Pain: Free Online Course

Learn a science-based approach to overcome your pain.
<http://www.retrainpain.org/>

Pain BC: Webinars

A variety of topics are covered in these webinars. From couples coping with pain, to psychological factors in pain, to myths and facts about sleep and chronic pain, and more. www.painbc.ca/chronic-pain/webinars

Work Wellness & Disability Prevention Institute – Webinars

Introduction to Mindfulness for Chronic Pain - 5 Part Series
<http://bit.ly/PainMindfulnessWebinars>
Yoga for People in Pain – 5 Part Series
<http://bit.ly/YogaWebinars>

My Opioid Manager

A free educational and informational resource to help patients with chronic pain understand and manage their pain with opioid use.
<http://bit.ly/OpioidManager>

8.7) Support Groups and Networks

People in Pain Network- Coquitlam & Port Coquitlam

Coquitlam Pain Self-Management Group
<http://bit.ly/PainManagementGroup>
PIPIN Pain Self-Management groups currently run in a number of communities. Find a pain self-management group in your area. If there isn't a peer support group in your area and you are interested in starting one, email info@pipain.com
www.peopleinpainnetwork.wildapricot.org
email: coquitlam@pipain.com
1-844-747-7246

Self-Management Pain Workshops

Self-Management BC provides information and workshops on self-management for both the general public and health professionals. Anyone with a chronic health condition, as well as family members, can participate in workshops running in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills, and give people the confidence to manage their health condition(s).
<http://www.selfmanagementbc.ca/upcomingworkshops>

The Arthritis Society

The Arthritis Society is the only charitable organization in Canada uniquely dedicated to funding and promoting research, advocacy and solutions to improve the quality of life for Canadians affected by arthritis. They run an in-person workshop for people in chronic pain. Everyone is welcome, no matter what the reason for your pain.
www.arthritis.ca/support-education
604-714-5550

MEFM Society of BC

Myalgia Encephalomyelitis (ME) - Chronic Fatigue Syndrome (CFS)- and/or Fibromyalgia (FM):
Provides support for patients and families living with ME/CFS and FM. Helping people in BC understand their illnesses and seek and obtain appropriate medical help and treatments to improve their health and quality of life.
www.mefm.bc.ca
604-878-7707

Fibromyalgia Well Spring Foundation:

Offers fibromyalgia support groups in various communities.
<http://bit.ly/FM-Support>
778-278-3697

Pain BC: Friends & Family Brochure

Do you have a friend or family member in pain? Chronic pain affects you too. You may feel overwhelmed, but you're not alone. Get the help you need so you are better able to support those in pain.
<http://bit.ly/PainBCBrochure>

Pain BC: Live Plan Be's Secure, Anonymous Forum

A safe, supportive community forum designed to allow people in pain to ask questions, share their stories, offer support to peers, and share tips and resources. Information and posts are kept private, with usernames allowing for anonymity.
www.forum.liveplanbe.ca/home

Pain BC: Virtual Peer Support Community on Facebook

Pain BC hosts a vibrant, online peer support community.
Using Facebook, we connect people in pain to resources; spark conversations on

important issues; post questions people in pain are wondering about; and share research and new information about managing pain.

www.facebook.com/PainBC

Family Caregivers of BC

Family Caregivers of BC is a registered non-profit charity dedicated 100% to supporting family caregivers. Most of us have cared for aging, ailing or disabled loved ones and have experienced firsthand the stress, joy, confusion, and feelings of purpose that come with caregiving. There are more than one million people in BC providing 80% of the care for a family member or friend. Family Caregivers of BC is here to help navigate this often exhausting, but also rewarding role.

www.familycaregiversbc.ca

250-384-0408

8.8) Activity and Movement

Activity and movement lead to stimulation, improved blood flow and positively impact the body's inhibition of pain.

Physiotherapists are experts in exercise/movement training and rehabilitation.

Physiotherapy Association of BC

Physiotherapy can help with arthritis, chronic pain, and painful neurological conditions such as head traumas, migraines and headache disorders. Physiotherapists work closely with patients to make sure they are getting the right care for their

condition, injury or mobility issue, so that you can get back to enjoying life and the activities you love most. Visit the website to find out how physio can help you.

<http://bit.ly/PhysioBC>

604-736-5130

Community Recreation

Look for recreation/exercise programs in your community like TIME (Together in Movement & Exercise), Restorative Yoga, Tai Chi, Osteofit, and Chair Yoga. If you are low-income, a subsidy may be available. To learn more about the TIME program in the Fraser Health area, visit

www.fraserhealth.ca

Physical Activity Support

Free Phone/Website Physical Activity & Support

www.physicalactivityline.com

604-241-2266 Ext 221

8.9) Healthy eating and weight loss

Healthy eating and weight loss may help with some chronic pain conditions. Call 811 to speak to a registered dietitian.

8.10) Smoking

Smoking can make you more sensitive to pain. For smoking cessation support service visit www.quitnow.ca

For more information about the Quitnow program, and for more free resources, speak with your local pharmacist.

Cost: Free

8.11) Relaxation & Sleep

Relaxation helps counter tense muscles and lowers the physiological excitation levels. Adequate sleep, reading, listening to music, time with friends, meditation and dancing may be helpful. For sleep support, visit the National Sleep Foundation at www.sleepfoundation.org

For additional relaxation/mindfulness resources, visit Pain BC at www.painbc.ca and

Anxiety BC at www.anxietybc.com

MoodGYM Training Program

Learn cognitive behaviour therapy skills for preventing and coping with depression and anxiety.

<https://moodgym.com.au/>

Relaxation App Resources:

free on Android & iTunes



Breathe2Relax

A simple, intuitive, and attractive mobile app designed by the National Centre for Telehealth & Technology to teach breathing techniques to manage stress. The skills taught may be applied to those with anxiety disorders, stress, and PTSD



Headspace

Targeted to anyone who wants to learn meditation to reduce anxiety and stress and improve their attention and awareness; good for a beginner to establish a regular meditative routine. May be applied to anxiety and depressive disorders, PTSD, and OCD, especially in conjunction with a health provider.



MindShift

Targeted to help adolescents, teens, and young adults gain insight into and basic skills to manage their symptoms of anxiety disorders, including GAD, social anxiety, specific phobias, and panic attacks. It's also useful for managing worry, performance anxiety, test anxiety, and perfectionism.



MoodTools

MoodTools is a self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides.

8.12) Books/ Reference Material*

Love reading? Browse the suggested titles below and visit Pain BC's Pain Toolbox for additional titles & CD's.

<https://www.painbc.ca/find-help/pain-bc-toolbox>

Meditation & Mindfulness

Bruce N. Eimer. Hypnotize Yourself Out of Pain Now!

Jacky Garner-Nix. Mindfulness Solution to Pain

Joel Levey. The Fine Art of Relaxation, Concentration & Meditation

Jon Kabat-Zinn. Wherever You Go, There You Are

Jon Kabat-Zinn. Full Catastrophe Living

Kelly McGonigal. Yoga for Pain Relief

Shinzen Young. Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain

Spencer Smith & Steven C. Hayes. Get out of Your Mind and Into Your Life

Pain

Alison Bested. Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia

David Corey & Stan Solomon. Pain: Learning to Live Without it

Dawn Hughes. The Fibromyalgia and Chronic Fatigue and Life Planner Workbook: Healing Resources for Patients, Family and Friends

Dennis C. Turks & Frits Winter. The Pain Survival Guide – How to Reclaim Your Life

Dennis Starlanyl & Mary Ellen Copeland. Fibromyalgia and Chronic Myofascial Pain. A Survival Guide

Joanne Dahl & Tobias Ludgren. Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain

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