

Free or Low-Cost Counselling/Support Services BC for COVID-19

Langley-specific Services

Langley Youth Resource Centre and Langley HUB

604-546-1130

Youth 12-24 years can call in advance to book a time for a counselling appointment. The counselling will occur over the phone on either Tuesday or Thursday 3-5pm and the timing will be confirmed when booking.

Langley Community Services Society

604-534-7921

Telephone-based support, to help those experiencing stress and anxiety due to COVID-19. Available Monday to Friday 8:30am-4:30pm by calling 604-534-7921 and leaving a message with your name & phone number. Your call will be returned as soon as possible.

Langley Youth and Family Services

604-514-2900

<https://www.lyfs.ca/referral>

Provides free short-term counselling to children and youth ages 5-17. Please call or complete the referral form available online.

Counselling/Supports Accessible for BC residents

Free Psychological First Aid throughout BC

<https://www.psychologists.bc.ca/covid-19-resources>

Psychological First Aid is a brief (up to 30 minute) telephone consultation to provide you with information and strategies to help you cope with the stress associated with the COVID-19 pandemic. It is designed to help people who usually cope with daily life pretty well, but who might be feeling overwhelmed during this very stressful time.

Wellness Together Canada

<https://ca.portal.gs/>

Accessed through a web browser or a mobile app, the platform is a source of credible information and provides opportunities for self-assessment, as well as connecting confidentially through phone or chat with various professionals.

Peak Resilience COVID-19 Support Group

<https://peak-resilience.com/blog/2020/3/22/covid-19-support-group-building-resilience-amp-connection-in-times-of-uncertainty>

Free online support groups of 8-10 participants to help you connect with others in the community who are also struggling, get some new and creative ideas for coping, and reduce some of the isolation you might be experiencing. Groups fill up but others tend to get added.

The Crisis Centre

<https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/>

Tools for Managing Stress and Burnout: 6-Week Online (Adults)

Tools for Managing Uncertainty and Change: Free Online (Youth)

These courses are available, **free of charge**, to provide resources and strategies to help us through these challenging and changing times.

Bounce Back

Call toll-free: 1 866 639-0522

www.bouncebackbc.ca

A free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help people improve their mental health.

MindHealthBC

www.mindhealthbc.ca

Vancouver Coastal Health Authority, Providence Health Care and community partners have created an online mental health counselling program. If you're struggling with depression, anxiety, or other mental health or substance use challenges, please visit the website for information and recommendations for further support in Vancouver, Richmond and other coastal communities.

Canadian Mental Health Association

<https://cmha.bc.ca/covid-19/>

Counselling and support of different forms via phone or online

Guided Meditation Online

Tara Brach, PhD, has created a "Guided Meditation for Times of Pandemic: Calling on Your Awakened Heart."

<https://www.tarabrach.com/pandemic/>

Sleep Help

Jud Brewer, MD, PhD gives three tips for falling asleep, and his third tip is especially useful when you wake up in the night and can't get back to sleep.

<https://www.youtube.com/watch?v=5akULIUnZwI>

The Tapping Solution

An app with tapping meditations for COVID-19 anxiety, including "Feeling Safe and Secure" and "From Fear to Worry to Peace."

<https://www.thetappingsolutionapp.com/?shortlink=NICAMB&pid=Ruth%20Buczynski&c=NICABM&affiliate=Affiliate>