

## APPS AND WEBSITES FOR MAINTAINING WELLNESS

# Mental Health Resources for Adults



**Langley**  
Division of Family Practice

A GPSC initiative

### OTHER RESOURCES

#### **Bounce Back ages 15+**

[cmha.bc.ca/programs-services/bounce-back/](http://cmha.bc.ca/programs-services/bounce-back/)

Ask your physician or health care provider for a referral to the program

#### **Workbooks for Depression (DWD for Youth; ASW for Adults)**

[comh.ca/publications/resources/dwd/DWD\\_PrintVersion.pdf](http://comh.ca/publications/resources/dwd/DWD_PrintVersion.pdf)

[comh.ca/publications/resources/asw/SCDPAntidepressantSkills.pdf](http://comh.ca/publications/resources/asw/SCDPAntidepressantSkills.pdf)

### APPS (this is a small sampling - many others available)

**Anxiety** - Mind Shift

**Depression** - Mood Gym; Virtual Hope Box; Pacifica

**PTSD** - PTSD Coach Canada

**Thought Record** - CBT Thought Record Diary

**Sleep Hygiene** - CBT i Coach; SHUTi; Sleepio

**Relaxation** - Headspace; Calm

### PRIVATE COUNSELLORS (\$\$)

- [bcasw.org](http://bcasw.org)
- [bc-counsellors.org](http://bc-counsellors.org)
- [counsellingbc.com/counsellors/location/langley-15](http://counsellingbc.com/counsellors/location/langley-15)
- [movingforwardfamilyservices.com](http://movingforwardfamilyservices.com)
- [psychologists.bc.ca](http://psychologists.bc.ca)
- [theravive.com](http://theravive.com)

### WEBSITES

- **Anxiety BC** - [anxietybc.ca](http://anxietybc.ca)
- **Kelty Mental Health** - [keltymentalhealth.ca](http://keltymentalhealth.ca)
- **BC Schizophrenia Society** - [bcss.org](http://bcss.org)
- **Early Psychosis Intervention** - [psychosissucks.ca](http://psychosissucks.ca)
- **Fraser Health Authority mental health substance use** - [fraserhealth.ca/health-info/mental-health-substance-use/](http://fraserhealth.ca/health-info/mental-health-substance-use/)
- **Mood Disorder Associations of BC** - [mdabc.net](http://mdabc.net)
- **Mind Health BC** - [mindhealth.bc.ca](http://mindhealth.bc.ca)
- **Mental Health & Substance Use Information** - [heretohelp.bc.ca](http://heretohelp.bc.ca)
- **Canadian Mental Health Association - BC Division** - [cmha.bc.ca](http://cmha.bc.ca)

# ADULT MENTAL HEALTH RESOURCES - LANGLEY BC

## Family Support System Navigation

- Family Smart (Kelty, FORCE, Institute of Families)**  
**604.878.3400** [familysmart.ca/contact/](http://familysmart.ca/contact/)

Support provided by youth and parents with lived experience related to MH
- Family Connections Program** **1.888.523.0495**  
[sashbear.org/en/family-connections/family-connections-2](http://sashbear.org/en/family-connections/family-connections-2)

Family Connections (FC) is an evidence-based 12 week group that meets weekly to provide education, skills training, and support for people who are in a relationship with someone that has **emotion dysregulation or related problems**
- Family Support Services Program** **1.833.898.6200**  
[fraserhealth.ca/health-info/mental-health-substance-use/family-support](http://fraserhealth.ca/health-info/mental-health-substance-use/family-support)

A 12 week **education series** designed for families and natural supports taking care of an adult loved one with mental illness
- Strengthening Families Together Program**  
**604.270.7841** [bcss.org/calendar/events/2017/11/langley-bcss-strengthening-families-together](http://bcss.org/calendar/events/2017/11/langley-bcss-strengthening-families-together)

A 10 week program for relatives or friends supporting someone with a **severe mental illness**

## Patient Self Management

- Stepping Stone Community Service Society**  
**604.530.5033** [sscsc.org](http://sscsc.org)  
 20101 Michaud Crescent, Langley, BC V3A 8L9

Psychosocial rehabilitation programs that include a Clubhouse Program, Therapeutic Volunteer Program, Community Support Program, Employment Program and a range of housing services
- Langley Adult Mental Health** **604.514.7940**  
 20300 Fraser Hwy, Langley, BC V3A 4E6

Assist and support individuals experiencing serious mental health illness. Services include med reviews, crisis interventions, counselling, group therapy
- Langley Youth HUB** **604.546.1130**  
 Mon-Fri 11am-1pm one to one support, referral & intake  
 Tues & Thurs 3-7pm drop in  
 6275 203rd St, Langley • [langleyyouthhub.com](http://langleyyouthhub.com)

Programs, services and referrals for youth 12-24 including: substance misuse supports, family housing, employment and life skills support, medical, anxiety and depression support. Access to basic needs, food, laundry and showers. Friends of Dorothy - LGBTQ2S Support Group
- Langley Community Services Society**  
**604.534.7230 ext 1108**  
 5339 207 St, Langley, BC V3A 2E6 • [lcss.ca](http://lcss.ca)

Information, education, counselling for persons with substance use problems. Also available for people who are affected by someone else's substance use problem
- Encompass Support Services Society**  
**604.534.2171 ext 104**  
[encompass-supports.com/trauma-therapy-program.html](http://encompass-supports.com/trauma-therapy-program.html)  
 20618 Eastleigh Crescent, Langley, BC V3A 4C4

Trauma Therapy Program is a fee-for-service program for children, youth and adults who have experienced trauma. Funding is often available and staff can help clients access financial support