

Mental health resources for HSA members

December 15, 2020

If you are feeling anxious, depressed, or are struggling with another mental health issue, you are not alone. The good news is there are resources available to HSA members who are looking for mental health support. The following is a list of resources that are available to you.

Virtual mental health services through your benefits plan

If you receive benefits through your collective agreement, reimbursement is available through the benefits provider for registered counselling and psychological services. For more information, visit www.pac.bluecross.ca/covid19.

Referrals for mental health practitioners

Some mental health practitioners have moved their services online, but continue to operate during the pandemic. For help finding a psychologist near you, visit: www.psychologists.bc.ca/find_psychologist. To receive a free referral over the phone, contact the BC Psychology Association's (BCPA) Referral Line, open Monday-Friday between 9:30am-4:30pm: 604-730-0522 or 1-800-730-0522.

For help finding a registered clinical counsellor, visit the BC Association of Clinical Counsellors (BCACC) website: www.bc-counsellors.org. To receive a free referral over the phone, call 1-800-909-6303 (toll free) or 250-595-4448 from Monday - Friday between 9am and 4:30pm.

Canadian Mental Health Association - BC Bounce Back Program

The Bounce Back program is a free program designed for adults and youth 15+ who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry. The program, offered online or with the support of a coach over the phone, provides tools and resources to help clients strengthen their mental health. Coaching and workbooks are available in English, French, Mandarin, Cantonese or Punjabi. For more information, visit: www.bouncebackbc.ca

Free virtual counselling services for people aged 12-24

Free virtual counselling services are now available for young people aged 12-24 and their caregivers. No referral or assessment is required. To book an appointment, call 1-833-308-6379 or 604-283-2234. A variety of other mental health and wellness services and supports are available through Foundry centres. Visit Foundry.bc.ca for more information.

Digital Mental Health Therapy

To access a free online program on managing mental health during COVID 19, visit: www.info.starlingminds.com/covid19-free-mental-health.

Crisis Intervention

The Crisis Intervention and Suicide Prevention Centre of BC operates a 24-7 distress phone line, as well as a

web-based hotline for adults in distress. Crisis line: 1-800-784-2433 (1-800-SUICIDE). Web-based hotline:
www.CrisisCentreChat.ca

Alcohol & Drug Information and Referral Service (ADIRS)

ADIRS provides multilingual referrals to services across the province for people in need of support for any kind of substance use issue. Call 1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland).

To download a one-page handout of this resource, [click here.](#)

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