

Resources Available to Support Personal Wellbeing

The following resources and services are available free of charge to support positive mental health for individuals and families:

BounceBack

BounceBack is a program designed to help adults and youth 15+ manage low mood, stress, worry, mild to moderate depression, and/or anxiety. It is available to work at your own pace online, or over the phone with a trained coach. To learn more visit: <https://bouncebackbc.ca> Note: Online workbooks are only available in English, but the tele-coaching option is offered in French, Mandarin, Cantonese and Punjabi.

Video/Phone Counselling

CMHA Kelowna is offering virtual counselling for adults 25+ based on the Solution-Focused Brief Therapy model (single-sessions with a counselling team).

To learn more, visit: <https://cmhakilowna.com/virtual-counselling>

Or call Foundry Kelowna (236) 420-2803 and ask for CMHA Kelowna Virtual Counselling to book an appointment. Individuals 12-24 can also access virtual services through Foundry by calling the same number.

Discovery College

Free educational courses for anyone and everyone who wants to gain confidence to face life's challenges. New courses are offered regularly, including topics related to resilience, setting healthy boundaries, and healthy coping strategies.

For a calendar and registration, visit: <https://discoverycollegekelowna.com>

HeretoHelp

For informational resources, including Fact Sheets, screening tools, and the *Visions* journal, visit:

<https://www.heretohelp.bc.ca> Note: Some of these resources are available in languages other than

English: <https://www.heretohelp.bc.ca/other-languages>

Outside of the Central Okanagan? Visit CMHA BC Division to find your closest branch for additional services: <https://cmha.bc.ca>



Resources for Workplace Psychological Health & Safety

Thoughtfull

A workplace education and advising social enterprise operated by CMHA Kelowna. Thoughtfull provides employer and employee training, consulting on workplace culture, wellness surveys, and assistance with policies and procedures that promote psychological health and safety. Learn more: <https://thoughtfull.cmhakilowna.com>
Contact: aaryn.secker@cmha.bc.ca

Workplace Strategies for Mental Health

Free information and resources to learn about building a psychologically safe and healthy workplace culture for employers, managers, and employees. We recommend the *Plan for Resilience* document. <https://www.workplacestrategiesformentalhealth.com/>

Guarding Minds at Work

A free organization-wide survey to gather data on how your workplace measures up to Canada's National Standard for Psychological Health and Safety. <https://www.guardingmindsatwork.ca>

Mental Health & Crisis Numbers

An easy page to bookmark: <https://cmhakilowna.com/mental-health/find-help-now>

*24/7 = 24 hours per day, 7 days per week

1-800-SUICIDE (1-800-784-2433): 24/7 • Operated in up to 140 languages

Interior Crisis Line: 1-888-353-2273 • 24/7

Mental Health Line: 310-6780 (no area code) • 24/7

Seniors' Distress Line: 1-604-872-1234 • 24/7

Indigenous Crisis Line: 1-800-588-8717 • 24/7

Note: Website was down when checked on Dec 9, but crisis line should still be in operation.

Community Response Team: 250-212-8533 • 11:30am - 9:00pm, 7 days per week



KELOWNA BRANCH | 504 Sutherland Avenue, Kelowna BC V1Y 5X1 | T: 250.861.3644 | F: 250.763.4827 |

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