



# Mental Health Resources

Depressed? Anxious? You're not alone. Many of us are experiencing difficulties due to the COVID-19 pandemic. Here are three pages of free, confidential resources.

## Not Sure Where to Start?

Please call **Lilwat Health & Healing** at **604-894-6656** and ask to speak with a Community Health Nurse. The nurse can help you choose what service(s) would work best for you.

## Indigenous & Culturally Focused Support

### Lilwat Health and Healing

Call: 604-894-6656

### Indian Residential School Survivors Society

Toll-free line: 1-800-721-0066

### FNHA Psychiatry & Addictions Services

To get a referral to this services, please contact your health and wellness provider. For information about the program and referrals process, visit [www.fnha.ca](http://www.fnha.ca)

### The KUU-US Crisis Line Society

24-hour Crisis Line for Adults, Elders & Youth

Toll-free line: 1-800-588-8717

Adults/Elders: 1-250-723-4050

Child/Youth: 1-250-723-2040

### Hope for Wellness Online Chat and Helpline

24-hour Crisis Line for Adults, Elders & Youth

Toll-free line: 1-855-242-3310

Chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### Tsow-Tun Le Lum Helping House

Monday AA Meeting Night open 1 pm - 9 pm

Wednesday CODA Meeting Night open 1 pm - 9 pm

Open 10 am - 6 pm Tuesday, Thursday and Saturday

Closed Sundays

Toll-free line: 1-888-403-3123

## 24 Hour Crisis Support

### Crisis Intervention and Suicide Prevention Centre

Call toll-free: 1-800-SUICIDE (1-800-784-2433)

Chat: [www.crisiscentrechat.ca](http://www.crisiscentrechat.ca)

Text: CONNECT to 68686

### Women's Crisis Support

Howe Sound Women's Centre

Crisis line: 1-877-890-5711

Website: [www.hswc.ca](http://www.hswc.ca)

Pearl's Safe Home in Pemberton provides Temporary Emergency Shelter for women, with or without children, escaping abuse or at risk of homelessness.

### Kids Help Phone

Text CONNECT to 686868 to reach a trained volunteer Crisis Responder 24/7.

Call: 1-800-668-6868

### Mental Health Support Line

Call 310-6789 (do not add 604, 778 or 250 before the number). This number will connect you to your local BC crisis line without a wait or busy signal.

Toll-free line: 1-866-661-3311

Chat: [www.crisiscentrechat.ca](http://www.crisiscentrechat.ca)

## Counselling Services (Online and by phone)

### Pemberton Mental Health Clinic

Self-referral/Access/Urgent Response

Phone: 604-698-5861

Monday - Friday from 8:30 am -4:30 pm

### Kelty's Key Online Therapy

A new evidence-based treatment option for people struggling with mild to moderate depression or anxiety. Clients can self-refer directly to Kelty's Key.

Phone: 604-875-4111 ext. 23614

[www.keltyskey.com](http://www.keltyskey.com)

### **Foundry BC**

Online Health and Wellness services for youth in BC.

Monday & Thursday from 1 pm - 6 pm

Tuesday & Wednesday from 1 pm - 5 pm

Phone: 604-984-5060

[foundrybc.ca/northshore](http://foundrybc.ca/northshore)

### **Bounce Back**

On-line skill building program for adults and youth over the age of 15 that are experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety.

Call toll-free: 1-866-639-0522

[www.bouncebackbc.ca](http://www.bouncebackbc.ca)

### **Mind Health BC**

Online mental health counselling program for people 12 years and older struggling with depression, anxiety, or other mental health or substance use challenges.

Online Crisis Chat: [www.crisiscentreachat.ca](http://www.crisiscentreachat.ca)

Crisis line: 1-800-784-2433

[www.mindhealthbc.ca](http://www.mindhealthbc.ca)

## **Homelessness Prevention**

### **Shelter/Drop-in/Homeless Prevention Services**

Howe Sound Women's Center

Phone: 604-892-5748

Drop-in 10am - 4pm, Monday - Thursday

### **Sea to Sky Community Services (SSCS)**

Homeless Prevention and Outreach

Whistler and Pemberton

Chaelyn Falconer: 604-698-9034

Email: [chaelyn.falconer@sscs.ca](mailto:chaelyn.falconer@sscs.ca)

### **Shelter Safe**

A 24/7, Canada-wide service that connects women leaving abusive situations with safe housing in their areas.

[www.sheltersafe.ca](http://www.sheltersafe.ca)

## **Online Information Resources**

### **Mental Health Foundations**

Good resources and videos for parents and caregivers.

[www.mentalhealthfoundations.ca/resources](http://www.mentalhealthfoundations.ca/resources)

### **Anxiety Canada**

Information and self-help regarding anxiety.

[www.anxietycanada.com](http://www.anxietycanada.com)

### **Here to Help**

Information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking.

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

### **Mental Health Digital Hub**

Information, services and education and awareness about mental health and substance use for adults, youth and children.

[www.gov.bc.ca/mentalhealth](http://www.gov.bc.ca/mentalhealth)

### **Canadian Mental Health Association**

Information and self-help for dealing with anxiety and stress with COVID-19.

[www.cmha.ca](http://www.cmha.ca)

### **PLAN-Y**

A confidential youth directory for wellness and mental health resources in Pemberton and the surrounding region.

[www.plan-y.ca](http://www.plan-y.ca)

## **ADHD and Parenting Resources**

### **Confident Parents Thriving Kids**

Telephone coaching for parents.

[www.cmhacptk.ca](http://www.cmhacptk.ca)

### **Rolling With ADHD**

On-line strategies for parenting a child with ADHD

[www.healthymindslearning.ca/rollingwith-adhd/](http://www.healthymindslearning.ca/rollingwith-adhd/)

### **ADHD Psycho Education Videos**

Russell Barkley

[www.russellbarkley.org](http://www.russellbarkley.org)

**Please take care  
of yourself and your  
loved ones. We can make  
it through this together.**

## Substance Use Services and Support

### Mental Health and Substance Use Info Line

24/7 phone: 811

### Canadian Addictions Certification Federation

Free one-to-one counselling sessions.

[www.caccf.ca/see-a-counsellor-now](http://www.caccf.ca/see-a-counsellor-now)

### Phone NA/AA meetings

24/7 phone: 604-434-3933

### Online NA/AA meeting information

[www.vancouveraa.ca](http://www.vancouveraa.ca)

### Anonymous (AA, NA, CA) Meetings

Info Line: 604-815-4089

### Alcohol and Drug Information Referral Service

Toll-free: 1-800-663-1441

### Safer Drug Use/ Overdose Prevention Outreach Worker

Pemberton & Whistler (VCH):

Winona Nelson: 604-313-5119

Monday - Friday, 8:30 am - 4:30 pm

### OAT Clinic (Drop-in)

Pemberton VCH Office

1403 Pemberton Portage Rd

Phone: 604-894-6454

Alternating Tuesdays, 9 am - 12 pm

### Substance Use /Recovery / Treatment Access Central

Detox information and treatment

booking: 866-658-1221

### Mental Health and Substance Use

Info Line: 8-1-1

### Whistler Community Services (WCSS)

8000 Nesters Road

Monday - Saturday, 9 am - 4:30 pm

Phone: 604-932-0113 for appointment

Book online: [mywcss.org](http://mywcss.org)

### Pemberton Mental Health Clinic

Self-referral/Access/Urgent Response

Phone: 604-698-5861

Monday - Friday from 8:30 am - 4:30 pm

### Harm Reduction Guidelines for COVID-19 Stress

BC Centre for Disease Control

[www.bccdc.ca](http://www.bccdc.ca)

## Harm Reduction Supplies & Needle Exchange

### Pemberton VCH Office

1403 Portage Rd

Monday - Friday, 8:30 pm - 4:30 pm

### Whistler Health Care Centre

4380 Lorimer Road

Monday - Friday, 8:30 am - 4:30 pm

### Whistler Community Services (WCSS)

8000 Nesters Road

Monday - Saturday, 9 am - 4:30 pm

Phone: 604-932-0113 for appointment

Book online: [mywcss.org](http://mywcss.org)

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**Be Kind. Be Calm. Be Safe.**

