

****Virtual & Mental Health Support for Everyone**

COVID-19 Psychological Support Service

Free psychological first aid is available over the phone to all B.C. residents aged 19 and over (including frontline health care workers) who are experiencing stress, anxiety, or uncertainty due to the COVID-19 pandemic.

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

Contact: 1-604-827-0847

BounceBack™ provides free access to online, video and phone-based coaching and skills-building program. Seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry, can receive care.

Website: <https://bouncebackbc.ca/>

Virtual Counselling Services

Virtual community counselling for individuals or groups at low or no cost.

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

Mental Health Check-in (Canadian Mental Health Association)

This free, anonymous self-assessment tool helps you understand how you are feeling and reflect on your mental, physical and social well-being. It helps cut through the wealth of information available online to find the resources most useful to you.

Website: <https://cmhabc.force.com/MentalHealthCheckIn/s/>

****Virtual Mental Health Supports for Seniors**

bc211

The Province has expanded funding for bc211, a province-wide information and referral service. It matches volunteers to seniors whose support network has been affected by the COVID-19 outbreak. The service takes calls from people who would like to volunteer to help seniors in their community with basic needs, including grocery shopping and pharmacy drop-offs and check-ins.

Website: <http://www.bc211.ca/>

****Virtual & Mental Health Support for Health Care Workers**

Mobile Response Team (MRT)

In addition to supporting workers on the frontlines of the Overdose Public Health Emergency, the MRT will also support the mental well-being and psychological safety of frontline health care workers who are experiencing exponential distress and mental health concerns in response to COVID-19. To access, call or email the Provincial Health Services Authority.

This service is available 24 hours a day, 7 days a week.

Call: 1-888-686-3022

Email: MRT@phsa.ca

Virtual Peer Support Service

Available May 2020, a phone and text-based peer support service, staffed by former long-term care and home support workers. It provides confidential emotional support to current workers. Peers can also help guide callers to other services and supports if needed.

Website: [Canadian Mental Health Association – B.C. Division: COVID-19](#)

Care for Caregivers (Canadian Mental Health Association and SafeCare BC)

Trusted information, free workshops to support employees and quick daily coping tips are available through this online hub for healthcare workers. This site provides a range of easy to use resources to support mental health and well-being.

Website: <http://careforcaregivers.ca/>

See full resources page: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

