

# Coping with Current Events: Managing Stress and Anxiety

**Student  
Resource  
Guide**

CANADIAN MENTAL HEALTH ASSOCIATION

**discovery college**

KELOWNA

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## Introduction to the Student Resource Guide

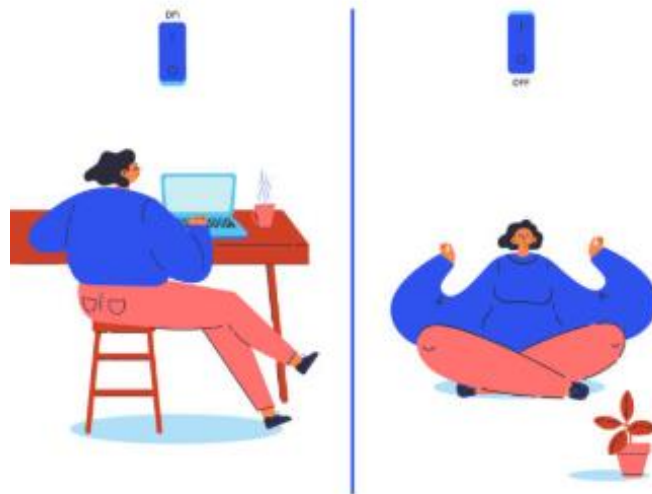
To support your learning and skill-building beyond the Coping with Current Events: Managing Stress and Anxiety course, we've created a Student Resource Guide. This Guide contains more activities and information to enable you to find what works for you and continue to manage your anxiety and stress. This guide also contains amazing resources that have been developed by various organizations to support local Central Okanagan and broad communities during COVID-19.

Always remember that managing stress and anxiety are skills we grow in and become more confident in. We hope that these additional resources will aid you in your wellness journeys and support you during these trying times.

**Disclaimer:** This guide is not intended as medical or professional advice or opinion. Individuals are required to exercise their own judgement in using this guide and application of any information contained in this guide or course should be based on individual needs, the relevant circumstances and local context. Neither CMHA Kelowna nor any of the contributors or authors of this guide are providing medical, diagnostic or treatment services through the information in this course or guide. Below are some examples of resources of which we are aware. Please note that CMHA Kelowna and Discovery College do not necessarily endorse any specific business or organization.

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MANAGING  
**Stress and**  
**Anxiety**  
RESOURCES



## Gratitude Lists

5 things I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

What I'm learning through challenges:

- 1.
- 2.
- 3.
- 4.
- 5.

People I am thankful for:

- 1.
- 2.
- 3.
- 4.
- 5.

## Soothing Touch<sup>1</sup>

One way to soothe and comfort yourself when you're feeling bad is to give yourself a gentle hug or caress, or simply put your hand on your heart and feel the warmth of your hand. It may feel awkward or embarrassing at first, but your body doesn't know that. It just responds to the physical gesture of warmth and care. Our skin is an incredibly sensitive organ. Research indicates that physical touch releases oxytocin that provides a sense of security, soothes distressing emotions, and calms cardiovascular distress.

If you notice that you're feeling tense, upset, sad, or self-critical, try stroking your arm or face, or gently rocking your body. What's important is that you make a clear gesture that conveys feelings of love, care, and tenderness. If other people are around, you can fold your arms in a non-obvious way, gently squeezing yourself in a comforting manner.



## Self-Compassion Break<sup>2</sup>

Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind and see if you can actually feel the stress and emotional discomfort in your body.

Now, say to yourself:

*1. This is a moment of suffering*

That's mindfulness. Other options include:

This hurts.

Ouch.

This is stress.

*2. Suffering is a part of life*

That's common humanity. Other options include:

Other people feel this way.

I'm not alone.

We all struggle in our lives.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

Say to yourself:

*3. May I be kind to myself*

You can also ask yourself, "What do I need to hear right now to express kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as:

May I give myself the compassion that I need

May I learn to accept myself as I am

May I forgive myself

May I be strong.

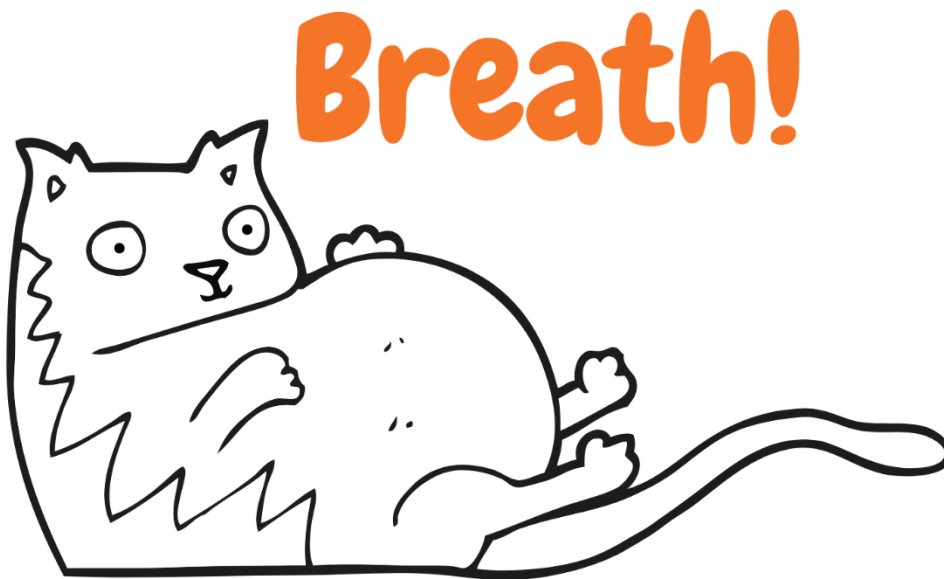
May I be patient

This practice can be used any time of day or night and will help you remember to evoke the three aspects of self-compassion when you need it most.

## Belly Breathing<sup>7</sup>

1. Sit or lie flat in a comfortable position. If you feel comfortable in doing so, close your eyes.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out softly.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. If you have a chattering mind, that is ok. Accept this. If you wish, you can concentrate your mind on the feeling of your belly moving or the feeling of the air going in and out of your body.

Notice how you feel at the end of the exercise.





## Self-Compassion Journal<sup>2</sup>

Try keeping a daily self-compassion journal for one week (or longer if you like.) Journaling is an effective way to express emotions and has been found to enhance both mental and physical well-being. At some point during the evening when you have a few quiet moments, review the day's events. In your journal, write down anything that you felt bad about, anything you judged yourself for, or any difficult experience that caused you pain. For instance, perhaps you got angry at a waitress at lunch because she took forever to bring the check. You made a rude comment and stormed off without leaving a tip. Afterwards, you felt ashamed and embarrassed. For each event, use mindfulness, a sense of common humanity, and kindness to process the event in a more self-compassionate way.

### *Mindfulness*

This will mainly involve bringing awareness to the painful emotions that arose due to your self-judgment or difficult circumstances. Write about how you felt: sad, ashamed, frightened, stressed, and so on. As you write, try to be accepting and non-judgmental of your experience, not belittling it nor making it overly dramatic. For example, "I was frustrated because she was being so slow. I got angry, over-reacted, and felt foolish afterwards."

### *Common Humanity*

Write down the ways in which your experience was connected to the larger human experience. This might include acknowledging that being human means being imperfect, and that all people have painful experiences. "Everyone over-reacts sometimes, it's only human." You might also want to think about the various causes and conditions underlying the painful event. "My frustration was exacerbated by the fact that I was late for my doctor's appointment across town and there was a lot of traffic that day. If the circumstances had been different my reaction probably would have been different."

### *Self-Kindness*

Write yourself some kind and understanding words of comfort. Let yourself know that you care about yourself. "It's okay. You messed up but it isn't the end of the world. I understand how frustrated you were, and you just lost it. Maybe you can try being extra patient and generous to any wait-staff this week..."

## Be Goal-Oriented with Social Media<sup>3</sup>

Many of us use social media. Sites and apps like Facebook, Instagram, Twitter and more. Social Media can be useful in keeping us in the know about what is happening. However, social media can often favour narcissism, self-criticism, and outrage over genuine connection.

Next time you use social media, rather than just scrolling aimlessly, set yourself some goals. Think about what you want to achieve from going on social media before you open the app. Question what you want to get out the social media and how much time you want to spend on it.

While you use social media, also check in with how it is making you feel. Is your use making you feel more self-critical, angrier or more frustrated? Or, does your social media bring you joy, educate you, and empower you?

Remember to check in with yourself after you have used social media too. How do you feel after using it? Better or worse? Did you stick to the time you allotted yourself?

Providing yourself with these check-ins can support you to make social media a positive experience rather than inviting in your inner critic.



## Mindful Check-In<sup>4</sup>

Take a few moments to be still. Congratulate yourself for taking this time for meditation practice.

Begin this mindful check-in by feeling into your body and mind and simply allowing any waves of thoughts, emotion, or physical sensation to just be.

Perhaps this is the first break you've take amidst a busy day. As you begin to enter the world of being rather than doing, you may notice the trajectory of the feelings that you've been carrying within yourself.

There is no need to judge, analyze, or figure things out. Just allow yourself to be in the here and now, amidst everything that is present in this moment. Spend about three minutes simply checking in with yourself in this way.

As you come to the end of this mindful check-in, again congratulate yourself for doing this practice and directly contributing to your health and well-being.

## Kind-Tech<sup>3</sup>

Technology (especially social media) can reduce the connection we have with others. It can turn rich conversations into strings of texts. But online technology doesn't need to be antisocial, it can help build connections.

We can use technology to enhance, rather than replace, offline interactions.

We spoke about being goal-oriented with your social media. Set a goal of interacting with someone that you haven't in a while. Why not send a message to them and let them know you're thinking about them?



## Encourage Someone You Care About

We can show kindness, compassion, and maintain community by encouraging someone we care about. We can do this through speech. But we can also do this in a letter. A letter can be kept for someone to look back at whenever they feel low, self-critical, or isolated.

When you write a letter to someone you care about, celebrate what makes them individual. Use the letter to empower that person, to encourage them, and be kind. Show that you care, thought about them, and spent time writing a letter.

You can even add to the letter by adding drawings, a photograph or something else special.



## 5 Love Languages<sup>5,6</sup>

According to Dr. Gary Chapman, each person feels love and appreciation in 5 different ways. Depending on who we are, we may feel loved differently than others. During isolation, we may find ourselves relying more on our loved ones for support. It is important to understand your loved one's preferred love language and demonstrate love and appreciation for them in their love language. Below there are descriptions of the 5 love languages to support in showing this type of compassion, appreciation, and love.

### **Words of Affirmation**

This love language expresses love with words that build up your partner. Verbal compliments don't have to be complicated; the shortest and simplest praises can be the most effective.

"You always make me laugh." "I really appreciate you being in my life".

Words mean a lot to a person who has the Words of Affirmation love language.

### **Acts of Service**

This is 'actions speak larger than words'. The Acts of Service love language expresses itself by doing things that you know your spouse would like. Something like cooking a meal, doing the laundry or supporting them with a task they find stressful. They require some thought, time, and effort.

All Acts of Service should always be done with positivity with your goal of being your partner's happiness. Remember it shouldn't be done out of obligation, negativity or pressure to do something you're not comfortable with.

### **Receiving Gifts**

The Receiving Gifts love language isn't necessarily all materialistic. Gifts can be anything that is meaningful and thought that makes a partner feel loved and appreciated. It can be simple as picking up a pot of their favourite ice cream after they've had a long week or by writing a loving letter and putting it in their lunch bag.

Again, Receiving Gifts should be done with positivity and kindness, and what you can comfortably gift. Remember it shouldn't be done out of obligation, negativity or pressure to do something you're not comfortable with.

### **Quality Time**

This love language is all about undivided attention and concentrating on this person. Dedicate time together without distractions, put your phone down when they speak to you and enjoy their company.

### **Physical Touch**

This love language doesn't necessarily mean large public displays of affection. However, people with a Physical Touch love language feel connected and appreciated through acts such as holding hands, hugs, and kisses. They feel emotionally close by being physically close. Remember with Physical Touch to only act in ways that you feel comfortable.

## Listening to Someone You Disagree With<sup>3</sup>

When we disagree with someone's point of view, we stop listening to what they say and may even stop the conversation. But doing this means we stop that connection with the person and don't show kindness to that person.

Instead if we continue to listen and continue the conversation, we can build a stronger connection, better understanding, and learn others' perspectives.

Find and talk with someone who disagrees with you. Start by asserting your respective positions. But then, instead of debating your views, tell each other the story of how you came to have them in the first place. Try to cultivate, and display, curiosity about this person, rather than judging them immediately.

Did this approach led to a more productive discussion than you would have had otherwise? Why or why not? Were you surprised by anything you learned?



## Culture Building<sup>3</sup>

People are more likely to exhibit unkindness and indifference when others around us do—and we’re more likely to flex our kindness and empathy when others do. When we encourage callousness or kindness, we lend them social momentum.

“Bring a bucket of water and throw it on the fire, and if you don’t have a bucket, bring a glass, and if you don’t have a glass, use a teaspoon, everyone has a teaspoon. And yes, I know a teaspoon is little and the fire is huge but there are millions of us and each one of us has a teaspoon.”

Use the power of social norms for good, by reinforcing or challenging others’ behavior. If you see someone acting kindly or empathically, recognize and reward that. If you see someone acting cruelly or indifferently, challenge them (if you feel comfortable) or support and encourage the person on the receiving end.





COVID-19

*Community  
Resources*



## Story Time<sup>8</sup>

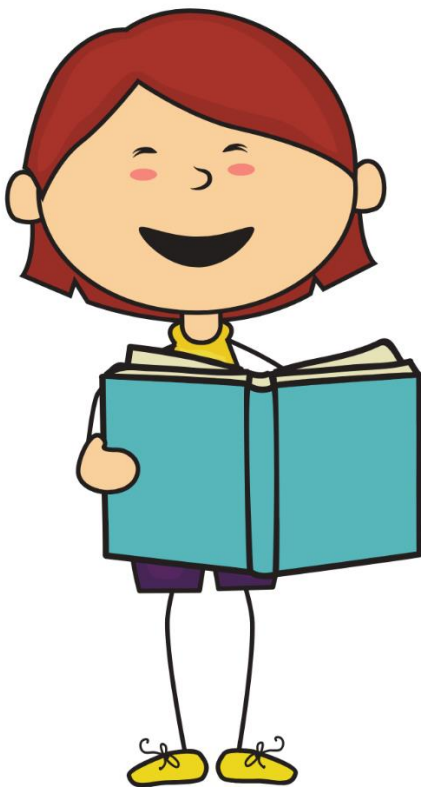
Reading is a great way to keep your mind engaged and is an activity that anyone can enjoy.

**@PenguinKids:** Many schools are closed, and parents often find themselves in need of activities to keep their children entertained, engaged, and learning! Join @PenguinKids live on Instagram for story time and fun virtual activities Monday – Friday at 11:00 EST

**Audible** has also launched a free collection of audiobooks for children that can be streamed on desktops, laptops, phones, and tablets.

**Amazon's Kindle** is offering two free months of unlimited e-book service to new users.

**Scholastic** is offering a free digital learning hub that is designed to support virtual learning plans. Its offerings go from prekindergarten to 9<sup>th</sup> grade, covering topics like English, Language arts, STEM, science, social studies, and social-emotional learning.



## Online Learning

Online learning is quickly gaining popularity amidst the closure of learning centres. If you're looking for something to do, want to ensure your child continues to learn outside of school, or you just want to check out what's available, here are some great resources:

**Class Central:** You can take free online courses from Ivy League universities like Brown, Columbia, Cornell, Dartmouth, Harvard, Penn, Princeton and Yale on [classcentral.com](https://www.classcentral.com)

**General Assembly:** On March 26, General Assembly is offering a free Intro to Coding class. The livestream will focus on HTML and CSS. Sign up [here](#).

**The Guggenheim Museum:** The Guggenheim Museum just released more than 200 books about modern art. You can read them online or download them in PDF or ePub formats, free of charge at the Internet Archive <https://archive.org/details/guggenheimmuseum>

**Khan Academy & Walt Disney Imagineering:** Imagineering in a Box' is a free online program that is "designed to pull back the curtain to show you how artists, designers and engineers work together to create theme parks. Go behind the scenes with Disney Imagineers and complete project-based exercises to design a theme park of your very own.

<https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box?CMP=ILC-DPFY19Q4wo0808190814190031F>



## Home Workouts<sup>9</sup>

Even though we can't hit the gym, we can still get in a good workout! A number of recreation centres, individuals, and gyms have started posting videos online that you can follow along with at home! Here are a few of our favourites.

### **YThrive Home: YMCA Workouts Any Time, Anywhere!**

[https://www.youtube.com/channel/UCnMjjYuiaJZT7JilnXPo7jQ?fbclid=IwAR3bW1a0qQ0ut8Y03g7xWRI8eNZdl\\_XEr2rF\\_JQkGf73qi4mBi0oHKGNVhY&app=desktop](https://www.youtube.com/channel/UCnMjjYuiaJZT7JilnXPo7jQ?fbclid=IwAR3bW1a0qQ0ut8Y03g7xWRI8eNZdl_XEr2rF_JQkGf73qi4mBi0oHKGNVhY&app=desktop)

**Planet Fitness:** Now offering free online classes held live daily on Facebook at 7:00pm eastern time

**305 Fitness:** Shake off your social-distancing stress. The dance-cardio studio is now offering free live-stream workouts on its YouTube channel every day at 12 p.m. EST.

**Fight Camp:** The interactive boxing workout app has uploaded dozens of free workout videos to its YouTube channel. From basic boxing techniques to intense, no-equipment-needed boxing drills there's something for everybody.

**Daily Burn:** Daily Burn will also be hopping on Instagram Live every morning at 9 a.m. EST to host 30-minute full-body interval workouts. The best part? Each day offers a new routine to help keep you motivated.

**CITYROW:** As of March 16, CITYROW trainers are inviting you to join them for equipment-free at-home workouts, posted daily on the studio's Instagram.

**Orangetheory Fitness:** Orangetheory announced that they will be bringing their workouts to fans at home through their app. They are sharing 30-minute workout videos every day, featuring some of their most popular coaches from around the world.

## Yoga

Yoga is a great way to release tension in the mind and in the body! TWP in Kelowna has uploaded yoga videos on YouTube to help the community practice mindfulness. Thanks TWP! Yoga with Adrian on YouTube, UnderBelly Yoga, and Vuori Active Club are great resources as well.

### **TWP Yoga Videos:**

*30 Minute Yoga Flow:*

<https://youtu.be/6vtrvl8cCk4>

*45 Minute Yoga Flow:*

<https://youtu.be/a9edQ6CSmV8>

*30 Minute Yin Yoga:*

<https://youtu.be/vjVU5jMsdVA>

*55 Minute Stretch and Strength Yoga:*

<https://youtu.be/B3lojP-w1Mw>

*10 Minute Rise and Shine Yoga:*

<https://youtu.be/JQV25TZHjY>

*30 Minute Restorative Yoga:*

<https://youtu.be/foXz5KD1qUg>



**Underbelly Yoga App:** To help bring the mindfulness of yoga to the masses, Underbelly yoga is offering a free 14-day trial to new subscribers.

**Vuori Active Club:** offering daily Instagram Live workout sessions feature yoga, training, and meditations. These classes are free and will take place at 8 AM PST Monday through Friday and 9 Am on Sunday.

<https://www.shape.com/fitness/trends/free-online-workouts-coronavirus>

## Meditations<sup>10</sup>

Meditation is a catch all wellness tool that many people rely on during times of stress and everyday life! Online meditations are relatively easy to find, but we have listed a few favourites.

### TWP Meditations:

*5 Minute Meditation on Being Present:*

[https://youtu.be/CQ3XKD\\_K\\_dk](https://youtu.be/CQ3XKD_K_dk)

*10 Minute Meditation on Balance:*

<https://youtu.be/bhrrMWK6Wm8>

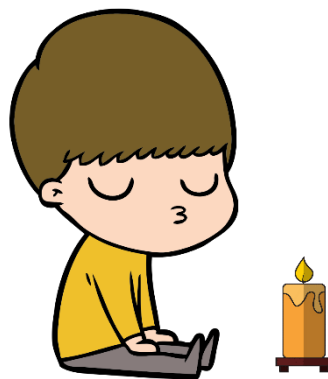
*15 Minute Meditation on Clearing Space:*

<https://youtu.be/5N82Cp6s7h4>

*20 Minute Meditation on Finding Flow:*

<https://youtu.be/l-iOd79s05c>

**Simple Habit App:** Simple Habit is now giving users free premium memberships through the end of April 2020—that means *total* access to the app's countless meditation sessions and experts. The platform even has meditation plans and collections designed specifically for stress and anxiety related to COVID-19



## Counselling<sup>11</sup>

Your mental wellness is so important. If you are struggling and need professional resources, please access the services that are right for you. Considering the current events, many in-person counselling organizations have created online options. We have only listed a few, so be sure to search around and find an offering that suits your individual needs.

**Motion Counselling:** Motion counselling offers online counselling sessions that work similar to traditional face-face therapy. While counsellors follow the same guiding therapeutic principles, online counselling allows individuals to easily access services via phone, Skype/Facetime, or email communication.

**Bounce Back Online:** Life can get the best of us sometimes. We can worry about work related issues, family worries, sleep difficulties or physical health problems. Bounce Back aims to be an empowering and practical way of learning key life skills that can boost your mood and help you turn the corner. Bounce Back uses resources based on the proven cognitive behavioural therapy (CBT) approach.

**Kelty's Key:** Kelty's Key is an online therapy source that provides tailored treatment from an online therapist, or helps you work on your own with their self-help resources. Kelty's Key, getting the help you need is flexible and accessible. They are publicly funded by Vancouver Coastal Health, making all our services 100% free.

### Other Resources:

BetterHelp

[https://www.betterhelp.com/start/?utm\\_source=facebook.com&utm\\_medium=cover&utm\\_content=cover&utm\\_campaign=fb\\_organic&modal=1&go=true](https://www.betterhelp.com/start/?utm_source=facebook.com&utm_medium=cover&utm_content=cover&utm_campaign=fb_organic&modal=1&go=true)

BlahTherapy <https://blatherapy.com/>

Breakthrough <https://www.mdlive.com/counseling/>

Hasu Ecounselling <https://www.hasuecounselling.ca/>

Power of Mind <https://powerofmind.com.au/>

SupportGroups (There is a new surviving Camp Corona Support Group) <https://www.supportgroups.com/>

## Online Shopping

Shopping can be a major source of stress and anxiety for all of us right now. The good news is, there are many grocery stores that support online shopping. Depending on the business, you can have your groceries delivered right to your door or pick them up. Many of us are used to simply running to grab a few items, but now it is important that we stay home as much as possible. If you feel comfortable, try out one or a few of these online shopping options!

### Save on Foods

1. Sign up for an account
2. Choose your items
3. Your personal shopper will pack your order
4. Pick up or delivery available.  
<https://www.saveonfoods.com/shop-online-how-it-works/>

### Walmart Canada

1. Shop the aisles online
2. Your personal shopper will pack your order
3. Pick up your order  
<https://www.walmart.ca/en/online-grocery-shopping-pickup>

### Superstore

1. Shop online for your items
2. Personal shoppers will pack your order
3. Park in designated pick up spots at your store of choice and receive your items!  
<https://www.pcexpress.ca/>





## Cooking and Meal Sharing<sup>12</sup>

There's no doubt about it: It's an uncertain and scary time, but you and your loved ones still need to eat! Preparing and eating a meal, even a simple one, can bring comfort and community to your home!

### Great situation specific websites to visit:

<https://www.nytimes.com/article/easy-recipes-coronavirus.html>

<https://news.sky.com/story/coronavirus-what-food-to-cook-on-a-budget-11960139>

<https://time.com/5804655/cooking-at-home-coronavirus/>

<https://www.sfchronicle.com/recipes/article/6-recipes-to-cook-from-the-pantry-during-the-15132707.php>



# *Additional* **RESOURCES**

*encouraging  
compassion  
and  
community*



## Websites

- <https://charterforcompassion.org/>
- <https://self-compassion.org/>
- <https://www.ted.com/talks>
- <https://www.mindful.org/>
- <https://www.rescuetime.com/>
- <http://www.donothingfor2minutes.com/>
- <https://www.randomactsofkindness.org/>
- <https://greatergood.berkeley.edu/>
- Find the latest information from WHO on where COVID-19 is spreading:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>
- Advice and guidance from WHO on COVID-19  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019> <https://www.epi-win.com/>
- Coping with stress WHO [https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)
- Mental Health Considerations WHO [https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_2](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)

## Apps

- Calm
- 10% Happier
- Insight Timer
- Rain Rain
- Checky
- Morning!
- Gratitude Happiness Journal

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8. <https://www.barrons.com/articles/cvs-facebook-walmart-target-coronavirus-pandemic-51584479961>
9. <https://www.shape.com/fitness/trends/free-online-workouts-coronavirus>
10. <https://www.shape.com/fitness/trends/free-online-workouts-coronavirus>
11. <https://thelifelinecanada.ca/pattern-interrupt/ecounselling/>
12. <https://www.insider.com/celebrity-chefs-quarantine-cooking-tips-coronavirus-pandemic>

# Crisis Community Resources

**British Columbia Crisis Lines (24/7):** 1-800-SUICIDE or 1-888-353-2273, or call 911.

**Kuu-us Aboriginal Crisis Line (24/7):** 1-800-588-8717

**Central Okanagan Community Response Team (through Interior Health):** Provides assessment, recommendations, brief follow-up in the community and/or referral to community supports. Mon-Sun, 11:30am - 9pm (including statutory holidays). 250-212-8533

**Mental Health Support Line (BC province-wide):** 310-6789

**BC Online Chat Service for Youth (noon to 1am in BC):** <http://youthinbc.com/>

**BC Online Chat Service for Adults (noon-1am in BC):** <http://crisiscentrechat.ca>

**BC Kids Help Phone:** 1-800-668-6868 / <http://kidshelpphone.ca>

**Interior Health Mental Health & Substance Use Services:** 250-469-7070 (walk-in counseling M/W/F 10am-3pm)

**Department of Veterans Affairs, Veterans Affairs Assistance Service - reach a mental health professional 24/7:** 1-800-268-7708

**Foundry Kelowna (youth 12-24):** 236-420-2803 Drop-in counseling Monday-Friday 2pm-5pm

**Okanagan Suicide Awareness Society (support for suicide loss survivors):**  
<http://suicideawareness.ca/>

**Connect Counselling & Therapy Society Affordable counselling, men's groups, women's groups, family groups** <http://www.connectcounsellingsociety.ca/>

**Private: BC Association of Clinical Counsellors:** [www.bc-counsellors.org](http://www.bc-counsellors.org)

**Bounce-Back (for mild-to-moderate depression and/or anxiety):**  
<https://cmha.bc.ca/programs-services/bounce-back/>