



MOBILE RESPONSE TEAM
Frontline Psychosocial Support

Wellness Resources

Wellness Together Canada - <https://wellnesstogether.ca/en-CA>

- Services range from basic wellness information, to one-on-one sessions with a counsellor, to community support.
- Immediate Crisis Support for Frontline – Text **FRONTLINE** at 741741 and for Adults text **ADULTS** at 741741 for Immediate Crisis Support Text **WELLNESS** to 741741

Pocket Well App - By Wellness Together Canada (free download from app store)

- Pocket Well allows access to free and confidential sessions with social workers, psychologists and other professionals, as well as other mental health and substance use services all from their phone.

First Nations Health Authority - <https://www.fnha.ca/wellness>

- The FNHA works towards the health and wellness of all First Nations in BC through its unique approach to wellness and its support of community wellness activities.

CMHA - Canadian Mental Health Association <https://cmha.ca/> and <https://cmha.bc.ca/covid-19>

- Have resources for all: including healthcare workers
- Bounce back, community counselling, mental health check-in, peer support

BC Hub for Workplace Mental Health - <https://www.workmentalhealthbc.ca/discover?savedFilters=true>

- Resources for individuals – online Mental Health Support

CMHA – Bounce Back - <https://bouncebackbc.ca/> 1 (866) 639 0522

- A free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

Workplace Strategies for Mental Health <https://workplacestrategiesformentalhealth.com>

- The site offers resources to support the wellbeing of employees and their families. Press “Resources for Employees” to access topics and strategies.

Ministry of Mental Health & Addictions <https://wellbeing.gov.bc.ca/>

- Pathway for mental health and substance use supports across BC

HeretoHelp <https://www.heretohelp.bc.ca/>

- Mental health and substance use resources

Crisis Lines

Greater Vancouver Crisis Line: 604.872.3311 | 1.866.661.3311

Provincial Crisis Line: 1.800.SUICIDE (784-2433)

BC Mental Health Support Line: 310-6789

Circle of Care: KUU-US First Nations and Aboriginal Crisis Line Support Available 24 Hrs - 1-800-588-8717.

Grief & Loss:

BC Bereavement Helpline - <https://www.bcbh.ca/index.php>

Grief Support - <https://www.mygrief.ca/>

Care for Caregivers- Grief & Loss - <https://www.careforcaregivers.ca/campaigns/bereavement-and-grief/>

CMHA – Grief Supports - <https://ontario.cmha.ca/documents/loss-and-grief-during-the-covid-19-pandemic/>

Health Link BC - <https://www.healthlinkbc.ca/health-topics/hw164282>