

MENTAL HEALTH RESOURCES

CRISIS NUMBERS / (KRİZ NUMARALARI)
<ul style="list-style-type: none">• Mental Health Support available 24 hours: 310Mental Health Support = 310-6789 (do not add 604, 778 or 250 before the number)
<ul style="list-style-type: none">• Provincial 24 hours crisis line: 1800SUICIDE (1-800-784-2433)
COUNSELLORS / PSYCHOLOGISTS SPEAKING in TURKISH (TÜRKÇE KONUŞAN DANIŞMANLAR / PSİKOLOGLAR)
<ul style="list-style-type: none">• BC Association of Clinical Counsellors (BCACC) → To find a registered clinical counsellor please do a search under “Find A Counsellor”, selecting your ‘city’ and ‘Turkish’ in the language section https://bc-counsellors.org/counsellors/
<ul style="list-style-type: none">• BC Psychological Association (BCPA) → To find a registered psychologist please do a search under “Advance Search”, selecting your ‘city’ and ‘Turkish’ in the language section https://www.psychologists.bc.ca/find_psychologist
<ul style="list-style-type: none">• Dr. Ekin Blackwell https://borealwellness.com/
SUPPORT LINKS - Including free counselling info (DESTEK BAĞLANTILARI - Ücretsiz danışmanlık bilgileri dahil)
<ul style="list-style-type: none">• Virtual Mental Health Supports for Covid-19 https://www.healthlinkbc.ca/mental-health-covid-19
<ul style="list-style-type: none">• Coping with stress during the 2019-nCoV outbreak https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf
<ul style="list-style-type: none">• A free, confidential 5-session program https://info.starlingminds.com/covid19-free-mental-health
<ul style="list-style-type: none">• A 6-session self help program to help combat COVID-19 related anxiety http://valleycentreforcounselling.com/onanxiety
<ul style="list-style-type: none">• Vancouver Coastal Health Mental Health/ Substance use http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services
<ul style="list-style-type: none">• HERE2HELP: A Community Resource https://sm.cmha.ca/programs-services/here2help-a-community-resource/
<ul style="list-style-type: none">• BC 211 helpline: free, confidential, multilingual service http://www.bc211.ca/home
<ul style="list-style-type: none">• PTSD Coach Canada https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/ptsd-coach-canada
<ul style="list-style-type: none">• Mindshift https://www.anxietycanada.com
<ul style="list-style-type: none">• MoodMission https://moodmission.com/
<ul style="list-style-type: none">• MoodFit https://www.getmoodfit.com/
<ul style="list-style-type: none">• OverDose Prevention https://www.stopoverdose.gov.bc.ca/ https://www.healthlinkbc.ca/health-feature/be-drug-smart http://www.vch.ca/public-health/harm-reduction/overdose-prevention-response