

Managing Stress, Anxiety and Depression

Stress, anxiety, and depression are not unusual for people of all ages. But there are things we can do as individuals and collectively to deal with stress and support one another.

If you need help, there are many resources available:

Crisis Intervention and Suicide Prevention Centre: Provides confidential, non-judgmental, free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide. Call 604 872-3311 (Greater Vancouver), or toll-free 1 800 SUICIDE (784-2433), or visit: www.crisiscentre.bc.ca.

The KUU-US Crisis Response Service: Provides 24/7 culturally-aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 or visit: www.kuu-uscrisisline.ca.

Mental Health Digital Hub: A provincial website that provides information, services and education and awareness about mental health and substance use for adults, youth and children. www.gov.bc.ca/mentalhealth

Bounce Back: A free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help people improve their mental health. Call toll-free: 1 866 639-0522 or visit: www.bouncebackbc.ca.

MindHealthBC: Vancouver Coastal Health Authority, Providence Health Care and community partners have created an online mental health counselling program. If you're struggling with depression, anxiety, or other mental health or substance use challenges, please visit the website for information and recommendations for further support in Vancouver, Richmond and other coastal communities. www.mindhealthbc.ca

Heretohelp: Provides 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