

Mental Health & Wellness Resources

Cowichan Valley Reference Guide

LOCAL RESOURCES

Duncan Mental Health Clinic: 250-709-3040

Rapid Access Clinic: (Mon-Fri, 8:30-4:30)

Walk in clinic to see a Mental Health Clinician (Adults 19+)

3088 Gibbins Rd, Duncan

Canadian Mental Health Association: 250-597-1372

Mon-Fri, 8:30-6:00 all ages

552/554 Trunk Rd, Duncan

Child and Youth Mental Health- Cowichan: 250-715-2735

Intake for children and youth aged 0-18 at no cost

161 4th St, Duncan

Cowichan Valley Youth Services Society: 250-748-0232

Wide ranges of programs and support for youth, parents, and caregivers

294 Coronation Ave, Duncan

Kwun'atsustul Counselling: 250-746-6184 (Mon-Fri, 8:30-4:30)

Available for Cowichan Tribes members. Trauma informed counselling for adults, children and families. Daily on call counsellor. *200 Cowichan Way, Duncan.*

SUBSTANCE USE SUPPORT

Access Central: 1-888-885-8824 (9:00am - 7:30pm daily)

- Access Central is a toll-free line that provides same-day assessment and connection to substance use care, including detox & Addiction Medicine.

TELEPHONE RESOURCES

- **310 Mental Health support:** 310-6789
- **BC Suicide Line:** If you are considering suicide or are concerned about someone who maybe, please call 1-800-SUICIDE or 1-800-784-2433
- **First Nations Health Authority Virtual Substance Use and Psychiatry:** 1-855-344-3800. For referral 7 days a week, 8:30-4:30. Provides access to specialists in addictions medicine and psychiatry as well as mental health and wellness care coordinators
- **Health Line:** 811
- **KUU-US Crisis Response Service:** 1-800-588-8717 for culturally aware crisis support for Indigenous peoples of BC
- **Vancouver Island Crisis Society:** 1-888-494-3888
- **Youth Crisis Line:** 1-888-564-8336 or text 250-564-8336 for trained peer support

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ONLINE RESOURCES

Anxiety Canada: offers a wealth of resources and information including group therapy, apps, podcasts, and online courses - <https://www.anxietycanada.com/>

Crisis Centre BC: <https://crisiscentre.bc.ca/>

Canadian Mental Health Society Bounce Back: 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 - <https://bouncebackbc.ca/>

First Nations Health Council: <https://fnhc.ca/enhanced-mental-health-and-addictions-services-for-first-nations-in-cowichan-valley/>

HealthLink BC: 24/7 health advice with a section on Mental Health and Substance Use - www.healthlinkbc.ca/mental-health-substance-use

HeretoHelp: website to help you find quality information, learn new skills, and connect with key resources in BC - <https://www.heretohelp.bc.ca/>

Rocket Doctor: Primacy Care similar to Telus Health. Provides referrals to a variety of specialists, as well as prescriptions. <https://rocketdoctor.ca/>

Smart Recovery: Online Smart Recovery: for problematic substance use - <https://smartrecovery.org/>

APPS FOR MENTAL HEALTH

Better Stop Suicide: soothing suicidal thoughts <https://www.thebetterappcompany.com/better-stop-suicide>

Calm: relaxation - <https://www.calm.com/>

Calm Harm: helping teens to stop self harming - <https://calmharm.stem4.org.uk/>

Happify: identifying and challenging negative thoughts - <https://www.happify.com/>

Insight Timer: stress management - <https://insighttimer.com/>

MindShift: CBT, anxiety - <https://www.anxietycanada.com/resources/mindshift-cbt/>

Moodfit: self awareness - <https://www.getmoodfit.com/>

Moshi: supporting your child's mental health - <https://www.moshikids.com/>