

Mental Health Resources

For the General Public

Feel free to share this document to anyone who will benefit from the mental health resources listed within.

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Public Health Speaks



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Territorial Acknowledgement

I acknowledge and am grateful, for the privilege and responsibility to live and learn on the unceded Coast Salish Territory; the traditional lands of the x^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətał (Tseil-Waututh) Nations.

These Indigenous lands are sovereign and unsundered.

Introduction

This document was developed out of overwhelming anxiety and stress brought about by changing times, uncertainty, and the multi-layered responsibilities to fulfill, on top of being a university student.

Due to COVID-19, we are at the forefront of disrupted routines and a quickly changing reality where social distancing, self-quarantining, and isolation are vital to protect the public's health and everyone's safety.

This is a difficult time for many of us. However, in moments like this, we see people and communities come together to help each other. There are many resources available online and these are only a few that we found.

I would like to extend my thanks to Tara Trethewey, BHK, MOT, for sharing her expertise and making this compilation possible.

I hope that these initiatives can help you stay calm and find your balance as much as it helped me.

Sincerely,

Joy

Free Online, Self-Led Learning Services

Resources	Information	Additional Notes
Anxiety Canada	Manage your anxiety using Cognitive Behavioral Therapy strategy.	They have an app called Mindshift to address worry, panic, perfectionism, social anxiety, and phobias.
Bounce Back BC	<ul style="list-style-type: none"> - Manage low mood, mild to moderate depression, anxiety, stress or worry. - Online delivery or phone support. 	Created by Canadian Mental Health Association BC, in partnership with Provincial Health Services Authority.
Kelty's Key	An online mental health therapy created by Vancouver Coastal Health. You can either work on your own or with an online therapist.	About Us page
Here to Help	<p>Explore strategies to help you:</p> <ul style="list-style-type: none"> - take care of your mental health - use substances in healthier ways - find the information you need to manage mental health and substance use problems and - learn how you can support a loved one. 	COVID-19 and Anxiety Resource page
My Anxiety Plan (MAP)	An anxiety management program based on cognitive-behavioural therapy (CBT).	MAP is designed to provide adults struggling with anxiety with practical strategies and tools to manage anxiety. MAP includes 6 easy to navigate units with 45 lessons.

Free Meditation Websites & Corresponding Apps

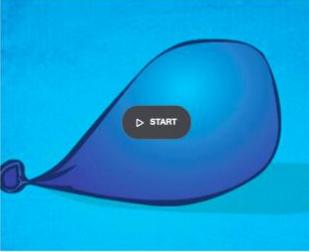
Resources	Information	Additional Notes
Calm.com	A highly recommended app for meditation, sleep stories, breathing exercises, and anxiety release. Download on your computer, iOS, or Android.	Free Calm resources in response to COVID-19.
Headspace	Meditation, sleep hygiene, and movement exercises.	Free Headspace resources in response to COVID-19.
Ten Percent Happier	Meditation basics, stress management, and happiness guide.	Free Coronavirus Sanity Guide
What's Up? – Mental Health App	Cope with negative feelings, depression, anger, etc. This app has a grounding game, a catastrophe scale, positive quotes and a forum to talk to people.	Download on iOS. Download on Android
zen habits	If you prefer reading, this is a minimalist website on finding simplicity and mindfulness in the daily chaos of life.	Learn from the Archives.

Free Yoga Resources

Resources	Information	Additional Notes
Downward Dog Yoga	Practice your Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout at home.	<p>Free for everyone until April 1st, 2020</p> <p>Free for students and teachers until July 1st, 2020. Register in this link.</p>
Lululemon	The #sweatlife's free online community resources. Release your 'indoorphins' by trying varied yoga classes, workout videos, and stress detox.	
Modo Yoga Online	'Namastream' for free yoga classes until April 16th, 2020.	COVID-19 Community Update

Kids and Youth Resource

Resources	Information	Additional Notes
Foundry	Foundry is a province-wide network of integrated health and social service centres for young people ages 12-24.	They provide safe, non-judgmental care, information and resources, and work to reach young people earlier – before health challenges become problematic.
My Anxiety Plan (MAP)	An anxiety management program based on cognitive-behavioural therapy (CBT). MAP is a resource for parents and caregivers to “coach” anxious children or teens using practical strategies and tools to manage anxiety.	MAP includes 6 units with 46 lessons.
Dealing with Depression	Listen to the interactive stories of The Perfect Girl , the Girl with Angry Parents or the Shy Guy . Spot, notice and challenge depressive thoughts through the guidance of this website.	
Kids Help Phone	Text, phone, or live chat support specific to kids and youth.	
SAM App	A youth-friendly anxiety management app to understand the causes of their anxiety, and manage it through self-help exercises.	

<p><u>Breathr App</u></p>	<p>Developed by BC Children’s Hospital and collaborating partners, practice mindfulness including body scans, guided breathing meditations, and simple exercises.</p>	
<p><u>Booster Buddy App</u></p>	<p>Developed by Island Health, this is a free app to help young people improve their mental health through daily check-ins, coping skills, self-care routines and more.</p>	
<p><u>Breathing Balloon</u></p>	<p>An interactive visual for simple breathing exercise to relax the body and mind.</p>	
<p><u>Sleep Diary</u></p>	<p>This sleep diary can help track sleeping habits for up to 2 weeks and figure out what can be done to sleep better.</p>	
<p><u>VENT IT: Music</u></p>	<p>If you’re stressed, try playing an instrument on Vent it: Music to help you calm down and feel better.</p>	
<p><u>Worry Rockets</u></p>	<p>What’s bugging you? Write your worry onto a note, stick it to a firework, light the fuse and watch it launch into the night sky!</p>	

<p><u>Self-Quest Journey</u></p>	<p>Take our Self Quest journey to learn more about yourself. Who supports you in your life? What stresses you out and how do you cope? What makes you happy? These are just some of the questions to answer along the way.</p>	
<p><u>The Ascent (Game)</u></p>	<p>The Ascent is a game about teamwork and what it takes to reach the top. Work together to get your climbers to the top. It's the most fun if you co-play with a friend.</p>	
<p><u>MonSTRESSity (Game)</u></p>	<p>A game that can help you cope in different situations where you might experience anxiety. Choose from one of four monsters, then customize them with three "superpowers".</p>	
<p><u>Tension Release Exercise</u></p>	<p>This technique is a very good way to calm down when you're overcome with anxiety. Try it at home or someplace quiet. Once you get better at it, you'll find that you can do it almost anywhere, any time.</p>	

"What is the bravest thing
you've ever said?" asked
the boy.



"Help," said the horse.

Photo Source: Charlie Mackesy

'Asking for help isn't giving up,' said the horse.

'It's refusing to give up.'

— Charlie Mackesy, The Boy, The Mole, The Fox And The Horse