

Environmental Scan

Resources for coping with and adjusting to dialysis

In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for British Columbians on dialysis.

We encourage you to see what is a good fit for you. In addition to using these resources, we encourage you to talk with your healthcare providers.



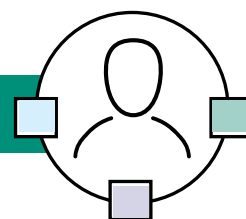
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under BC Medical Services Plan for people living in British Columbia, Canada. These documents were created to serve as an inventory of resources intended for online use. The links were last verified in August 2025.

Information on Mental Health

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INFORMATION ON MENTAL HEALTH

Resources that help explain what mental wellness and illnesses are, how to manage them, and where to find further help.

Information on Mental Wellness for People Living with Dialysis or Kidney Disease

Name of information resource	Brief description of resource	How can you access the information?
American Kidney Fund	Learn about the impact kidney disease has on maintaining your mental health.	Click here to access
Building a wellness toolkit	A webinar on building a wellness toolkit for living with chronic kidney disease.	Click here to access
Kidney Foundation	Watch a webinar about living with chronic kidney disease and its impact on mental health.	Click here to access
Kidney Info	Access a portal with various resources available for kidney patients.	Click here to access
Kidney Research UK	Learn about kidney disease and hear from lived experiences on how to manage it.	Click here to access
Kidney Support Program	Access videos for strategies to coping with kidney disease.	Click here to access
Life Options	Learn about kidney disease, how to live with it, and ways to feel your best.	Click here to access
My Kidneys My Health	Discover information and tips on how to live with CKD.	Click here to access
National Kidney Foundation	Information on numerous kidney-related topics. Learn about social determinants, living with the disease, and more.	Click here to access
PsychoNephrology	Learn about kidney disease and how it affects mental health.	Click here to access

General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
Anxiety & Depression Association of America	Learn about depression and ways to manage depression and anxiety.	Click to learn about depression Click to learn about depression tips Click to learn about anxiety tips
Anxiety BC	Free online, self-help, and evidence-based resources on anxiety.	Click here to access
Canadian Psychological Association	Find information and facts about depression.	Click here to access
Depression, anxiety, & stress test	Read articles that provide information on depression, anxiety, and stress.	Click to learn about depression Click to learn about anxiety Click to learn about stress
Depression Hurts	Discover the potential signs of depression from a holistic approach. Available in English, French, Chinese (simplified), and Punjabi.	Click here to access

Information on Mental Health

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Depression in Older Adults - You are Not Alone!	Learn about depression in older adults: common symptoms, diagnosis, and treatment.	Click here to access
eMentalHealth	Find information about depression and anxiety. Learn about symptoms, types, coping strategies, and more.	Click to learn about depression Click to learn about anxiety
FamilyDoctor	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	Click here to access
HeadsUpGuys	Find information and resources uniquely for men regarding mental health and preventing and managing depression.	Click here to access
HealthLinkBC: Depression Health Tools	Information on depression, antidepressant use, and modifying negative thoughts.	Click here to access
Informed Choices About Depression	Provides general information about depression and depression treatment.	Click here to access
Mayoclinic	Get an overview of depression and more about the disorder.	Click here to access
MedlinePlus	Find numerous pieces of information and topics related to depression.	Click here to access
Mood Disorders Society of Canada	Find support resources and links for depression, bipolar disorder, anxiety, building resilience.	Click here to access
Students Against Depression	Find information and resources for depression, anxiety, trouble sleeping or concentrating, and suicide.	Click here to access
The LifeLine Canada Foundation	Find information relating to depression and anxiety.	Click to learn about depression Click to learn about anxiety

General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
Canadian Mental Health Association: BC division	Information about wellness programs.	Click here to access Click to access resources for men
Canadian Mental Health Association: Lower Mainland	Access resources and modules to improve mental health.	Click here to access
eMentalHealth	Learn about common mental health topics such as stress, sleep, self-compassion, and self-harm.	Click to learn about stress Click to learn about sleep Click to learn about self-compassion Click to learn about self-harm
Health Link BC	Access mental health support and resources.	Click here to access

Information on Mental Health

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Government of Canada – Mental health counselling benefits for First Nations and Inuit	Find information about receiving free counselling services from the Non-Insured Health Benefits (NIHB) program. For First Nations and Inuit people.	Click here to access
Government of Canada	Find information on what mental health is and why it is important.	Click here to access
Government of Canada	Services and general information related to mental health, contributed by the Public Health Agency of Canada and Health Canada.	Click here to access
HealthLink BC: Mental Health	Information on depression, anxiety, suicide, mental health and COVID.	Click here to access
HealthLink BC: Resources	Provides numerous mental health and substance use-related services and resources.	Click here to access
Here to Help BC	Explore strategies to help you take care of mental health, find the information you need to manage mental health and substance use problems and learn how you can support a loved one.	Click here to access
Hong Fook Mental Health Association	Read information about anxiety, depression, stress, emotions, and health in English, Mandarin, Cantonese, Korean, and Vietnamese.	Click here to access
Mental Health Commission of Canada	Discover some common myths and misconceptions regarding mental health and mental health care.	Click here to access
Mind Space	Access programs to build skills for improving your wellbeing. Referral required.	Click here to access
Multicultural Mental Health	Find mental health resources and information in over 25 languages.	Click here to access
My Mental Health	Learn about Mental Health First Aid (MHFA) and how to aid people in crisis.	Click here to access
Walk Along	Small steps to take care of yourself and help you get through the day.	Click here to access
Well Central	Take courses on managing mental wellness.	Click here to access

Resources for your Self-care

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RESOURCES FOR YOUR SELF-CARE

Websites, books, workbooks, and apps that provide resources for self-care and ways to increase mental wellness. Some are specific to kidney disease, depression, and anxiety.

Self-care tools specifically for People Living with Dialysis or Kidney Disease

Name of resource	Brief description of resource	How can you access the information?
Can-SOLVE CKD	Online modules to introduce individuals to kidney research resources in Canada.	Click here to access To access the online modules, select “patient partner” at registration.
Davita Kidney Care	Learn about kidney disease, how to manage the disease, and find diet and nutrition tips.	Click here to access
Kidney Community Kitchen	Find recipes and information on how to manage a renal diet.	Click here to access
Kidney Foundation of Canada	Explore resources for managing kidney health, including tips on staying active with kidney disease and webinars covering various kidney health topics.	Click here for active living tips Click here for kidney webinars
Kidney School	Discover learning modules and audiobooks about kidney and kidney disease.	Click here to access
Kidney Wellness Hub	Free online wellness resource hub for kidney patients. Includes resources on staying active, eating well, mental wellbeing, and socially connecting.	Click here to access
Living with Kidney Failure and Reduced Kidney Function	Helps you learn how to live well with kidney failure (See Chapter 8). Chapter 6 of this book teaches you to live well with reduced kidney function.	Click for Living with Kidney Failure Click for Living with Reduced Kidney Function
My Kidneys My Health: Mental Well-Being	Information and resources on depression and kidney disease. Helps you recognize symptoms of depression, develop coping strategies, and identify questions to ask your healthcare provider.	Click here for more information Click here for a depression tool
PKD Foundation of Canada	Find information on diet, nutrition, and also webinars, specifically for polycystic kidney disease (PKD).	Click here to access

Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
Antidepressant Skills Workbook	Self-care workbook to help you manage low mood. Workbook available in English, French, Chinese, Farsi, Punjabi, and Vietnamese. Audio available for download in English and French.	Click here to access

Resources for your Self-care

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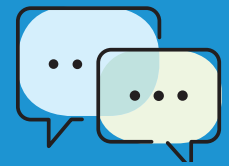
BC Renal	Learn about anxiety, coping with grief and loss, depression and anxiety, managing stress, sadness and depression.	Click here for anxiety Click here for grief and loss Click here for depression and anxiety Click here for managing stress Click here for sadness and depression Click here for a depression tool
Centre for Clinical Interventions	Find workbooks, information, and worksheets for both Depression and Anxiety	Click here for depression work material Click here for anxiety work material
Depression Quest	An interactive game where you play a character with depression. Meant to help show/ inform yourself and others that you are not alone and of the different options you can take.	Click here to access
Depression, anxiety, & stress test	Find techniques to manage depression, anxiety, and stress.	Click here for depression techniques Click here for anxiety techniques Click here for stress techniques
eMentalHealth	Learn about what panic attacks are, why they happen, and tips to address them.	Click here to access
Kidney Foundation of Canada	A self-care fact sheet that provides ways to manage and cope with depression.	Click here to access
Lumino Health	Learn about stress and how to recognize and manage your emotions.	Click to learn about stress Click to learn about managing emotions
Not Just Talk	Find easy-to-read guides and audio recordings for both depression and anxiety.	Click here to access

General Mental Health/Wellness Tools

Name of resource	Brief description of resource	How can you access the information?
Black Mental Health Canada	Find free workshops and events that discuss mental health for the black communities in Canada.	Click here to access
Breathr App	Provides easy and fun ways to practice mindfulness along with interesting facts about the benefits of mindfulness.	Available on App Store and Google Play. Click here for more information
Calm	Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus.	Available on App Store and Google Play.
Centre for Addiction and Mental Health	20-minute course on mental health and depression. Learn about the basic definitions and key messages.	Click here for the mental health course Click here for the depression course
CMHA National	Take this stress questionnaire to see how elevated your stress might be.	Click here to access
Community Course: Making it Matter with Micro-Interventions	Free 2-hour virtual course on coping skills and how you can support yourself through difficult times.	Click here for more information and to enroll

Resources for your Self-care

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eMentalHealth	Screening tools for self-compassion, happiness, anxiety, and depression. Should not be used as a substitute for a professional opinion.	Click here for the self-compassion tool Click here for the happiness tool Click here for the anxiety tool Click here for the depression tool
eMentalHealth	Learn about therapeutic tapping, bilateral music, grounding strategies, dialectical behavioral therapy, and about happiness. Different methods for self-care improvement.	Click here to learn about therapeutic tapping Click here to learn about bilateral music for anxiety Click to learn about Dialectical Behavioral Therapy Click to learn about happiness strategies Click to learn about grounding strategies
eMentalHealth	A safety plan that contains a series of questions to help ground yourself and to stay safe.	Click here to access
Feeling Good	Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience-building techniques to help improve positive feelings, self-esteem and self-confidence.	Available on App Store and Google Play.
Getting Better My Way	A free self-management tool. Answer a series of questions to help create your plan.	Click here to access
How to manage and reduce stress – Mental Health Foundation	Information about stress and tips on how to manage it.	Click here to access
InsightTimer	A wellness tool that promotes and provides free guided meditation.	Available on App Store and Google Play. Click here for web access
Lumino Health	Provides information on meditation and gratitude journals. Discover why both are beneficial for self-care and mental health.	Click to learn about meditation Click to learn about gratitude journals
MacAnxiety Research Centre Health Apps	Suggests a list of apps for coping with anxiety and low moods.	Click here to access
Meditations – Chris Germer	Download meditation audio files or written meditation instruction PDF files intended to promote mindful self-compassion.	Click here to access
Mental Healthy - F.i.T.	Access films, programs and tips to find the benefits of fostering mental wellness and also the danger signs.	Click here to access
MindBeacon	Find 3 tips on learning to deal with uncertainty as well as 5 tips to help with regulating your mood.	Click here for uncertainty tips Click here for mood regulation tips
Mindfulness Exercises	Find free courses, audio, worksheets, and videos about mindfulness and how it can help strengthen oneself.	Click here to access
Mindshift CBT App	Learn how to relax, be mindful, and cope with anxiety using strategies based on cognitive behavioural therapy.	Available on App Store and Google Play. Click here for more information

Resources for your Self-care

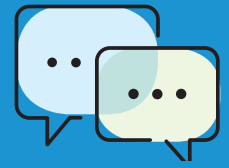
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Mind Your Mind	Access mental health tips, interactive tools, and shared stories and experiences.	Click here for tips Click here for interactive tools Click here for stories and experiences
Mood	Mind your Mood is an easy-to-use app that allows you to track your moods, help you understand your ups and downs and see the bigger picture of your emotional health.	Available on App Store and Google Play.
MoodMission	MoodMission helps you learn ways of coping with low mood and anxiety. Tell the app how you're feeling and get a tailored list of 5 Missions to help you feel better. Missions are activities and mental health strategies that are quick, easy, and backed up by scientific evidence.	Available on App Store and Google Play.
My Tools – Suicide.ca	Discover tools to take care of your mental health. Tools for taking action, calming down, and more.	Click here to access
National Institutes of Health	Utilize the emotional wellness toolkit to help manage emotions, reduce stress, and cope with loss. Also information on sleep and mindfulness.	Click here to access
North Simcoe Muskoka Self-Management Program	Free 6-week self-management workshops to help those living with health conditions. Offered in English and French.	Click here to access
Now Matters Now	Video-based website sharing the stories of others and how they survived difficult experiences. Also includes mental health worksheets, safety plans, and other tips and tools.	Click here to access
PsychHealthandSafety	Self-care workbook that can help you learn to cope with health problems.	Click here to access
Safety Plan Guide	Safety plan workbook to help you manage suicidal thoughts and urges.	Click here to access
Self-Compassion	Self-compassion website that provides information on how to get started and some guided meditations.	Click here to access
The LifeLine Canada Foundation	Learn about coping and what unhealthy and healthy coping looks like.	Click here to access
TogetherWell	Access free resources such as articles, videos, self guides and fact sheets about mental health, and various coping mechanisms.	Click here to access
What's Up?	What's Up? can help you cope with anxiety, stress and feelings of depression. It has interactive games, forums, thought-tracking diaries and helpful techniques to manage your feelings.	Available on App Store and Google Play.

Resources for your Self-care

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Youth Mental Health Canada

YMHC provides compassion and messages of support. You can subscribe for daily compassionate messages or you can sign up to get a compassion card.

[Click here for compassion cards](#)
[Click here for daily compassion messages](#)

In-person & Live Online Services

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IN-PERSON & LIVE ONLINE SERVICES

Peer support groups, volunteer provided services, healthcare professional services, and referral services.

Peer Support Groups

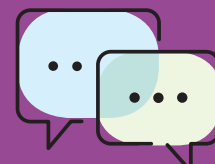
Name of Resource	Brief description of resource	How can you access the information?
Aboriginal Wellness Program	Hosts drop-in support groups, psycho-educational workshops, therapy groups and groups based on traditional teachings.	Call: 604-675-2551 Email: aboriginalwellnessprogram@vch.ca Click here for more information
Chinese Mental Health Promotion by Vancouver Fraser Chapter of the CMHA	Changeways Program and Family support groups, available in multiple languages.	Call: 604-408-7274 ext. 2087 Email: family.youth@success.bc.ca Click here for more information
Kidney Foundation of Canada	Request individualized peer support or access online and in-person support and engagement groups. Speak with trained volunteers who have similar life experiences about what to expect when coping and learning to live with a kidney disease diagnosis.	Click here for more information
Mood Disorders Association of British Columbia (MDABC)	Provides treatment, support, education, and hope of recovery for people living with a mood disorder.	Click here for more information
Vancouver Coastal Health: Family Involvement & Support Program	Support for hospital stays or hospital-like settings and mental health or substance use issues.	Click here for more information

Services Provided by Trained Volunteers

Name of Resource	Brief description of resource	How can you access the information?
7 Cups	Free 24/7 listening and support chat.	Click here to register and for more information
Cambridge Bay	Access wellness services such as healing programs, women's support groups, suicide prevention, and agency referrals.	Click here for more information
Canadian Red Cross	Program matching adults with a trained listener for regular check-ins, emotional support, and suggestions for other well-being strategies and resources. Register by phone (available from 9am to 5pm weekdays) or online.	Call: 1 833 979-9779 Click here to register and for more information
Certified Listeners Society	Free emotional support chat service. Fill out your age, gender, urgency, and email address to request a chat. 12PM to 3AM EST.	Click here to register and for more information
Elders Support Phone Line	Get peer-to-peer support and counselling for unilingual (Inuktitut-speaking) Elders. Monday to Friday from 8:30AM to 12:00PM. Leave a message after hours.	Call: 1 866 684-5056 Click here for more information

In-person & Live Online Services

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Naseeha	A Muslim mental health helpline. Provides confidential, spiritual, and culturally competent support.	Call or text: 1 866 627-3342 Click here for more information
Nisa Helpline	Helpline for Muslim women. Provides emotional and mental health support. 10AM - 10PM EST. Also provides 3 free counseling services.	Call: 1 888 315-6472 Click here for more information

Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
BounceBack	Services include a trained coach who can provide up to six sessions and access to self-help materials such as workbooks, activities, and videos.	Click here to register and for more information
British Columbia Psychological Association	Information on finding help and choosing the right psychologist.	Click here for more information
Vancouver Coastal Health: Family Involvement & Support Program	Support for short term hospital stays.	Vancouver Acute- Otto Lim: 604-290-3817, Otto.lim@vch.ca
	Support for long term hospital stays.	Regional Tertiary – Becky Hynes: 604-313-1918, becky.hynes@vch.ca

Referral Services

Name of resource	Brief description of resource	How can you access the information?
211	Information and referral service for social and community services. Support available in multiple languages. Available 24/7	Call: 211 Click here to for more information

Regional and Crisis Resources

Environmental Scan



Nationwide Resources

Resources that can be accessed nationally

Name of resource	Brief description of resource	How can you access the information?
Hope for Wellness Helpline	National phone or online chat available 24/7 to all Indigenous Peoples across Canada. Available in English and French. Support in Cree, Ojibway, and Inuktitut available by request.	Call: 1 855 242-3310 Click here for online chat and for more information
Government of Canada	A guide to province specific resources, and resources that are available nationally	Click here to access
talk suicide Canada	Bilingual crisis and suicide intervention services. Phone line available 24/7. Text line available from 4pm to midnight Eastern time (ET).	Call: 988 Text: 988 Click here for more information

Provincial Crisis Resources

Name of resource	Brief description of resource	How can you access the information?
Crisis Centre	Access a list of crisis lines to call to get support.	Click here to access
HealthLink BC: Mental Health	If you are considering suicide or are concerned about someone who may be.	1-800-SUICIDE (1-800-784-2433)

Provincial Support and Distress Lines

Name of resource	Brief description of resource	How can you access the information?
BC Bereavement Helpline	Provides various bereavement group support services. Monday to Friday, 9:00AM to 5:00PM	Call: 604-738-9950 Or 1-877-779-2223
BC Government	Access mental health counselling and various supports.	Click here to access
BC Mental Health	Services provide specialized treatment, education, health promotion, and more for British Columbians. Most programs require a referral.	Click here for more information
CMHA BC	Access mental health supports and help lines.	Click here to access
Help Starts Here	Explore free services available in British Columbia, and read information about mental health.	Click here to access
Mood Disorders Association of British Columbia	Provides wellness services, group programs, and workshops.	Call: 604-873-0103 (ext. 2) Email: info@mdabc.net Click here for more information
Mental Health Support Line	Connects you to your local BC crisis line immediately. Crisis line workers provide support and referrals to community resources. 24/7.	Call: 310-6789 (no area code)

Resources by Region

Fraser Health Resourcespg 13

Regional and Crisis Resources

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Fraser Health Resources

Online and telephone resources for support and distress services

Name of resource	Brief description of resource	How can you access the information?
DIVERSEcity	Information on counselling services, woman and gender-based violence programs, substance use services, and gang prevention counselling. For those who reside in Surrey, Delta, White Rock, and Langley.	Call: 604-547-1202 Email: intake@dcrs.ca Click here for more information
Fraser Health Mental Health and Substance Use	Information on mental health and wellness, substance use prevention services, and self screening tests.	Click here for more information

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Fraser Health Crisis Line	Provides immediate confidential emotional support and crisis management.	Call: 604-951-8855 or toll-free: 1-877-820-7444
Telecare Crisis & Caring Line	Provides confidential and anonymous, empathetic listening in moments of personal crisis or distress. This service is Christian based.	Call: 604-852-9099 or toll-free: 1-888-852-9099

Vancouver Coastal Health Resources

Online resources for support and distress services

Name of resource	Brief description of resource	How can you access the information?
Indigenous Health	Information on Aboriginal wellness program, First Nations and Aboriginal Primary Care Network.	Click here for more information
Community Mental Health Services	Information on community mental health teams, geriatric psychiatry outreach team, assertive outreach team (AOT), and provides links to region specific access services.	Click here for more information
East Hastings Street	Adult Mental Health Program	Click here for more information
Family Involvement & Support Program	Support for short term hospital stays, long term or hospital like settings and mental health or substance use issues.	Call: Isabella Mori at 604-314-9032, or Call: Jennifer Glasgow at 778-879-3293 or email: Isabella.Mori@vch.ca or Jennifer.Glasgow@vch.ca

Regional and Crisis Resources

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Mental Health Program- Powell River General Hospital	Older Adult Mental Health Program	Click here for more information
Mental Health & Substance Use Services	Information on a wide variety of mental health topics resources to information, self help, symptom monitoring, support groups/peer support, service directory.	Click here for more information
North Shore Hope Centre	Adult Community Psychiatric Services	Click here for more information
Older Adult Mental Health Program - North Vancouver	Older Adult Mental Health Program	Click here for more information
Pemberton	Adult Mental Health Program	Call: 604-698-5861 Monday to Friday, 8:30AM to 4:30PM
Pemberton Health Centre	Adult Mental Health Program	Click here for more information
Powell River	Adult Mental Health Program	Call: 604-485-3300 Monday to Wednesday, 8:30AM to 4:30PM
Powell River Community Health Centre	Adult Mental Health Program	Click here for more information
Raven Song Community Health Centre	Adult Mental Health Program	Click here for more information
Robert and Lily Lee Family Community Health Centre	Adult Mental Health Program	Click here for more information
South Mental Health and Substance Use Service	Adult Mental Health Program	Click here for more information
Strathcona Mental Health Team (formerly Heatley MH)	Adult Mental Health Program	Click here for more information
Squamish	Adult Mental Health Program	Call: 604-815-3008 Monday to Friday, 8:30AM to 4:30PM
Squamish Mental Health Services	Adult Mental Health Program	Click here for more information
Sunshine Coast (Gibsons, Sechelt & Pender Harbour)	Adult Mental Health Program	Call: 604-885-6101 Monday to Friday, 8:30AM to 4:30PM
Three Bridges Community Health Centre	Adult Mental Health Program	Click here for more information
Whistler	Adult Mental Health Program	Call 604-698-6455 Monday to Friday, 9:00AM to 5:00PM
Whistler Health Care Centre	Adult Mental Health Program	Click here for more information

[Interior Health Resources](#)

Online and telephone resources for support and distress service

Name of resource	Brief description of resource	How can you access the information?
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Regional and Crisis Resources

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Interior Health	Provides assistance with accessing support services and helpful sources.	Click here for more information
Ashcroft Mental Health	Access mental health services	Call: 250-453-1940
Barriere: Yellowhead Community Services Society	Access mental health services	Call: 250-672-9773 Monday to Friday, 9:00AM to 4:30PM
Castlegar Mental Health	Access mental health services	Call: 250-304-1846 Monday to Friday, 8:30AM to 4:30PM
Chase Mental Health	Access mental health services	Call: 250-679-1400 Monday to Friday, 8:00AM to 3:00PM
Clearwater: Yellowhead Community Services Society	Access mental health services	Call: 250-674-2600 Monday to Friday, 9:00AM to 4:30PM
Clinton Mental Health	Access mental health services	Call: 250-453-1940 Monday to Friday, 8:30AM to 4:30PM
Cranbrook Mental Health	Access mental health services	Call: 250-420-2210 Monday to Friday, 8:30AM to 4:30PM Toll free: 1-888-426-7566 Available 24/7
Creston Mental Health	Access mental health services	Call: 250-428-8734 Monday to Friday, 8:30AM to 4:30PM
Golden Mental Health	Access mental health services	Call: 250-344-3015 Monday to Friday, 8:30AM to 4:30PM
Grand Forks: BC Boundary Mental Health	Access mental health services	Call: 250-442-0330 Monday to Friday, 8:30AM to 4:30PM
Invermere Mental Health	Access mental health services	Call: 250-342-2363 Monday to Friday, 8:30AM to 4:30PM
Kaslo Mental Health	Access mental health services	Call: 250-353-2291 Monday to Friday, 8:30AM to 4:30PM
Kamloops Mental Health & Substance Use	Access mental health services	Call: 250-377-6500 Monday to Friday, 8:30AM to 5:00PM
King Street Centre	Access mental health services	Call: 250-376-7855 Monday to Friday, 8:30AM to 4:30PM
Kimberley Mental Health	Access mental health services	Call: 250-427-2215 Monday to Friday, 8:00AM to 5:00PM
Kelowna Mental Health	Access mental health services	Call: 250-469-7070 Monday to Friday, 8:00AM to 4:30PM
Keremeos Mental Health	Access mental health services	Call: 250-499-3029 Monday to Friday, 8:00AM to 3:30PM Toll free: 1-800-663-7867
Lillooet Mental Health	Access mental health services	Call: 250-256-4233 Monday to Friday, 8:30AM to 4:30AM Toll free: 1-855-656-4233

Regional and Crisis Resources

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Local Mental Health & Substance Use Centre	Access mental health services	Call: 310-MHSU (6478)
Logan Lake Mental Health	Access mental health services	Call: 250-523-9414, ext. 23 Monday to Friday 8:00AM to 12:00PM
Martin Street Outreach Clinic	Access mental health services	Call: 250-770-3696
Merritt Mental Health	Access mental health services	Call: 250-378-3401
Nakusp Mental Health	Access mental health services	Call: 250-265-5253 Monday to Friday 8:30AM to 4:30PM, closed 12:00PM to 1:00PM
Nelson Mental Health	Access mental health services	Call: 250-505-7248 Monday to Friday, 8:30AM to 4:30PM
Osoyoos Mental Health	Access mental health services	Call: 250-495-6433 Monday to Friday, 8:30AM to 4:00PM
Penticton Mental Health	Access mental health services	Call: 250-770-3555 Monday to Friday, 8:30AM to 4:30PM
Penticton Urgent and Primary Care Centre	Access mental health services	Call: 250-770-3696 Monday to Friday 8:00AM to 8:00PM, Saturday & Sunday 12:00PM to 6:00PM
Salmo Mental Health	Access mental health services	Call: 250-357-2277 Tuesday to Thursday, 9:00AM to 4:00PM
Salmon Arm Mental Health Services	Access mental health services	Call: 250-833-4102 Monday to Friday, 8:30AM to 4:30PM
Sparwood Mental Health	Access mental health services	Call: 250-425-2064 or toll-free: 1-800-661-0329 Monday to Friday 8:30AM to 4:30PM
Trail Mental Health	Access mental health services	Call: 250-364-6262 Monday to Friday, 8:30AM to 4:30PM
Vernon	CMHA	Call: 1-888-353-2273 Available 24/7
	Vernon Mental Health	Call: 250-549-5737 Monday to Friday, 9:00AM to 4:30PM
	Vernon Downtown Mental Health	Call: 250-503-3737 Monday to Friday, 9:00AM to 3:00PM
Williams Lake Mental Health	Access mental health services	Call: 250-392-1483 Monday to Friday, 8:30AM to 4:30PM
100 Mile Mental Health	Access mental health services	Call: 250-395-7676

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
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Regional and Crisis Resources

Environmental Scan



Interior Crisis Line	Serves mental health support, crisis, and suicide calls across the interior region of BC.	Call: 1-888-353-2273 (Available 24/7) Office: 250-398-8220 Monday to Friday, 8:30AM to 4:30PM
Kootenay Boundary Regional Crisis Line	Available 24/7	Crisis line: 1-888-353-2273 Mental Health Line: 310-6789 Toll free: 1-800-784-2433

Vancouver Island Health Resources

Online and telephone resources for support and distress service

Name of resource	Brief description of resource	How can you access the information?
Campbell River Access Number	Contact your local Access resource	Call: 250-850-2620 Monday to Friday, 8:30AM to 4:30PM
Comox Valley Access Number	Contact your local Access resource	Call: 250-331-8524 Monday to Friday, 8:30AM to 4:30PM
Cowichan Valley Access Number	Contact your local Access resource	Call: 250-709-3040 Monday to Friday, 8:30AM to 4:30PM
Nanaimo Access Number	Contact your local Access resource	Call: 250-739-5710 Monday to Friday, 9:00AM to 5:00PM
Oceanside Access Number	Contact your local Access resource	Call: 250-951-9550 Monday to Friday, 7:30AM to 9:30PM
Port Alberni Access Number	Contact your local Access resource	Call: 250-731-1311 Monday to Friday, 8:30AM to 4:30PM
Port Hardy Access Number	Contact your local Access resource	Call: 250-902-6051 Monday to Friday, 10:00AM to 6:15PM
Port MacNeill Access Number	Contact your local Access resource	Call: 250-956-4461 Monday to Friday, 8:30AM to 4:30PM
Southern Gulf Islands Access Number	Contact your local Access resource	Call: 250-538-4711 Monday to Friday, 8:30AM to 12:30PM
Victoria Access Number	Contact your local Access resource	Call: 250-519-3485 Monday to Friday, 8:30AM to 4:00PM

Thank you to those who provided feedback on previous editions.

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Westshore/Langford Access Number	Contact your local Access resource	Call: 250-370-5799 Monday: 2:00PM to 6:30PM, Tuesday: 9:30AM to 12:00PM, 1:00PM to 4:30PM, 5:30PM to 9:00PM, Thursday: 7:30AM to 12:00PM, 1:00PM to 4:30PM
Westcoast Access Number	Contact your local Access resource	Call: 250-726-1282 Monday to Friday, 10:30AM to 12:30PM and 1:00PM to 3:00PM; Closed daily from 12:30PM to 1:00PM

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Vancouver Island Crisis Line	24/7 crisis line and online chat for Vancouver Island.	Call: 1-888-494-3888 Text: 250-800-3806 Available 6:00PM to 10:00PM, 7 days a week. Click here for online chat Available 7 days a week, 6:00PM to 10:00PM

Northern Health Resources

Online and telephone resources for support and distress service

Name of resource	Brief description of resource	How can you access the information?
Northern Health	Access mental health services	Click here for more information
Atlin Health Centre	Access mental health services	Call: 250-651-7677 Monday to Friday, 8:30AM to 4:30PM
Big Water Society	Provides funding for counselling services	Call: 250-651-2460
Burns Lake Community Program	Access mental health services	Call: 250-692-2412 Monday to Friday, 8:30AM to 4:30PM
Chetwynd Community Program	Access mental health services	Call: 250-788-7300 Monday to Friday, 8:30AM to 4:30PM
Dawson Creek	Community Program	Call: 250-719-6525 Toll free: 1-888-592-2711 Hours of operation Monday-Friday 8:30AM to 4:30PM
	Inpatient and Intensive Services	Call: 250-782-7369
	Tertiary Care Program	Call: 250-719-6525 Toll free: 1-888-592-2711
Dease Lake Stikine Health Centre	Access mental health services	Call: 250-771-4444
Fort Nelson Health Unit	Access mental health services	Call: 250-774-7092 Monday to Friday, 8:30AM to 4:30PM

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Fort St. James Community Program	Access mental health services	Call: 250-996-8411 Monday to Friday, 8:30AM to 4:30PM
Fraser Lake Community Program	Access mental health services	Call: 250-699-774 Monday to Friday, 8:30AM to 5:00PM
Hazelton Community Program	Access mental health services	Call: 250-842-5144 Monday to Friday, 8:30AM to 4:30PM or the After Hours or Emergency Line (Wrinch Memorial Hospital): 250-842-5211
Houston Community Program	Access mental health services	Call: 250-845-5964 (checked periodically throughout the day) Monday to Friday, 8:30AM to 5:00PM or the After Hours or Emergency Line (Houston Health Centre): 250-845-2294
Kitimat Community Program	Access mental health services	Call: 250-642-3181 Monday to Friday, 8:30AM to 4:30PM or the After Hours or Emergency Line (Kitimat Hospital): 250-632-2121
Mackenzie Community Program	Access mental health services	Call: 250-997-8517 Monday to Friday, 8:30AM to 4:30PM
Masset Community Program	Access mental health services	Call: 250-626-4725 Monday to Friday, 8:30AM to 4:45PM or the After Hours or Emergency Lines: Haida Gwaii Hospital: 250-626-4711 Masset Hospital: 250-626-4700
McBride Community Program	Access mental health services	Call: 250-569-2251 ext. 2038 Monday, Wednesday, every 2nd Friday 8:30AM to 4:30PM
Prince George University Hospital of Northern BC	Adult Psychiatric Inpatient Unit (PIU)	Call: 250-565-2000
	Adolescent Psychiatric Assessment Unit (APAU)	Call: 250-565-2575
Prince George Northern Interior Health Unit	Community Acute Stabilization Team (CAST)	Call: 250-565-2666
	Community Outreach and Assertive Services Team (COAST)	Call: 250-565-7472
	Adult Addiction Day Treatment Program	Call: 250-565-2387
Prince Rupert Health Unit	Access mental health services	Call: 250-622-6310 Monday to Friday, 8:30AM to 4:30PM

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Prince George Nechako Centre	Acquired Brain Injury (ABI)	Call: 250-565-7393
	Developmental Disabilities Mental Health (DDMH)	Call: 250-565-7393
	Eating Disorder Clinic (EDC)	Call: 250-565-7479
	Early Psychosis Intervention (EPI)	Call: 250-649-7660
	Elderly Services	Call: 250-612-4500
Island Wellness Society (for women)	Access mental health services	Call: 250-559-4743
Queen Charlotte Community Program	Access mental health services	Call: 250-559-4933
Quesnel	Westside Mental Health & Addiction Services	Call: 250-992-5189
	Grace Young Wellness Centre (referral-based program)	Call: 250-985-5824
	GR Baker Memorial Hospital	Call: 250-983-6828
	Quesnel Unit Emergency Short Stay Treatment (QUESST)	Call: 250-985-5608
Smithers Community Program	Access mental health services	Call: 250-847-6405 Monday to Friday, 8:30AM to 4:30PM or the After Hours or Emergency Line (Bulkley Valley District Hospital): 250-847-2611
Stewart Health Centre	Access mental health services	Call: 250-636-2221 Monday to Friday, 8:30AM to 4:00PM
Terrace	Terrace Community Program	Call: 250-631-4202 or the After Hours or Emergency Line: 250-638-4082
	Seven Sisters: Rehabilitation & Recovery Program	Call: 250-631-4121 or 250-631-4123
	Northwest Intensive Case Management Team	Call: 250-631-4647
Tumbler Ridge Community Program	Access mental health services	Call: 250-242-5271 Monday to Friday, 8:30AM to 4:30PM
Valemount	Valemount Community Program	Call: 250-566-9898 Tuesday, Thursday, every 2nd Friday, 8:30AM to 4:30PM
	Robson Valley Community Services	Call: 250-569-2266 or 250-566-9107 After hours: 250-566-1847
Vanderhoof Community Program	Access mental health services	Call: 250-567-6900 Monday to Friday, 8:30AM to 4:30PM

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Northern BC Crisis Line	Available 24/7	Call: 250-563-1214 Toll Free: 1-888-562-1214

Regional and Crisis Resources

Environmental Scan



Special thanks to Alberta Kidney Section, Medicine SCN™, Alberta Health Services for supporting the creation of this document.



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and find additional resources.

Further thanks to those who provided feedback on earlier drafts of this document.