

SELF-CARE & SAFETY:

Hello!

This document contains some resources to support well-being during menopause transitions. Some are information sources; others are support sources. It includes province-wide and community-specific resources. If you have resources that have been beneficial to you that you would like others to be aware of, please contact herbc@phsa.ca to have it added to this list!

MENOPAUSE AND REPRODUCTIVE RESOURCES:

- [Menopause Foundation of Canada](#) was created to raise awareness of the impact of menopause on women and society, and to eliminate the social stigma and taboos associated with menopause to ensure women are fully supported during this life transition.
- [CEMCOR](#) is a centre based in BC that focuses on ovulation and the causes for and health consequences of ovulation disturbances.

MENTAL HEALTH RESOURCES:

Check in with how you are feeling to orient your efforts to tend to yourself. Consider referring to the [Feelings Wheel, available here](#).

Phone lines:

- HealthLink BC offers assistance with finding mental health information or support; available 24/7
Phone: 8-1-1
Website: <https://www.healthlinkbc.ca/>
- BC Suicide Crisis Line provides support to people considering suicide; available 24/7. Callers are transferred to the local crisis service closest in their community
Phone : 1-800-SUICIDE (784-2433)
Website : <http://www.crisislines.bc.ca/>
- 310Mental Health Support provides emotional support, information, or resources specific to mental health; available 24/7
Phone: 310-6789 (no area code required)
Website: <http://www.crisislines.bc.ca/>
- Local Crisis Lines – all available 24/7
If you would rather contact your local crisis line directly, please visit:
<http://www.crisislines.bc.ca/mapcrisis-lines> or <https://suicideprevention.ca/british-columbiacrisis-centres/>

Directories:

- BC Government Resource & Service Listing contains an online directory which can be used to find resources in over 150 communities across BC, as well as information about crisis phone lines and health authority resources: <http://www2.gov.bc.ca/gov/content/mental-health-support-inbc/adults>
- Local Psychologists
For a list of registered psychologists across BC, please visit:
https://www.psychologists.bc.ca/find_psychologist_full
- Healing in Colour is an online directory of BIPOC Therapists, many of which have sliding scale payment options, and a curated resource page to support their mission of “healing and liberation.”
www.healingincolour.com

Self-care:

- HereToHelp
Provides information and self-help resources for those struggling with mental health concerns.
Website: <http://www.heretohelp.bc.ca/>
- MindHealthBC
Provides information and resources for those struggling with mental health concerns, with the ability to search for specific diagnoses and related information. Website:
<http://www.mindhealthbc.ca/>
- BounceBack® is a 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, you will get access to tools that will support you on your path to mental wellness.
<https://bouncebackbc.ca>

Peer support:

- Mood Disorders Association of British Columbia has Peer Support Groups in the Lower Mainland, Interior, and the Island.
Website: <http://www.mdabc.net/peer-support-groups>.

HEALTH AUTHORITIES’ MENTAL HEALTH RESOURCES:

- First Nations Health Authority: <http://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- Fraser Health Authority: <https://www.fraserhealth.ca/health-info/mental-health-substance-use/>
- Interior Health Authority:
<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/MentalHealth/Pages/default.aspx>
- Vancouver Island Health Authority: <http://www.viha.ca/mhas/>

- Northern Health Authority:
<https://www.northernhealth.ca/YourHealth/MentalHealthAddictions.aspx>
- Vancouver Coastal Health Authority:
<http://www.vch.ca/your-care/mental-health-substance-use>

First Nations Resources:

- The KUU-US Crisis Line Society provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week. KUU-US Crisis Line can be reached toll-free at 1-800588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.
- The Hope for Wellness Help Line is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone 24 hours a day, 7 days a week. Services are available in English and French, or upon request in Cree, Ojibway (Anishinaabemowin), or Inuktitut. 1-855-242-3310
- The National Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of his or her (or a family member's) Residential school experience. 1-866-925-4419
- Métis Crisis Line Toll-free number is available for immediate crisis intervention for Métis people across BC, as well as support with relationship troubles, depression and anxiety, financial issues, and bullying and peer pressure support. Staff have Métis information available and information on Métis Service Providers in 5 locations. 1-833-638-4722

ABORIGINAL HEALTH IN EACH HEALTH AUTHORITY:

- First Nations Health Authority (FNHA) <http://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- Fraser Health Authority: https://www.fraserhealth.ca/Service-Directory/Services/Population-Based-Services/aboriginalhealth#.W_Xai-hKjIV
- Interior Health Authority:
<https://www.interiorhealth.ca/YourHealth/AboriginalHealth/Partnerships/Pages/APN.aspx>
- Vancouver Island Health Authority:
<https://www.islandhealth.ca/our-services/aboriginal-health-services>
- Northern Health Authority :
<https://www.indigenoushealthnh.ca/initiatives/APLs>
- Vancouver Coastal Health Authority :
<http://www.vch.ca/your-care/aboriginal-health>
- Provincial Health Services Authority: <http://www.phsa.ca/our-services/programs-services/indigenous-health>

LOW-COST COUNSELLING SERVICES IN BC:

UBC Psychology Clinic

2136 West Mall, UBC

Phone : 604-822-3005

Website: www.clinic.psych.ubc.ca

Hours: 9am-5pm

Fee: sliding scale from \$20-\$60/hour based on household income

*Please note: waitlist is only open at certain times of the year. Check website for updates.

Oak Counselling Services Society

949 West 49th Ave.

Phone: 604-266-5611

Website: www.oakcounsellingservices.com

Hours: Monday to Thursday 9:30am-8pm; Fridays 9:30am-4:30pm

Fee: sliding scale from \$10-\$65/session

Stewart and Associates 227

– 118 Homer St.

Phone: 604-687-7171

Website: www.stewartassoc.com

Hours: unknown

Fee: sliding scale based on gross monthly income

UBC New Westminister Counselling Centre

821 - 8th Street, New Westminister, BC V3M 3S9 (at New Westminister Secondary School)

Phone: 604-525-6651

Website: <http://ecps.educ.ubc.ca/cnps/new-westminister-counselling-clinic>

Hours: Day and evening appointments; open September to June

Fee: free

Family Services of Greater Vancouver Two

locations:

a. Vancouver - #202 - 1193 Kingsway

b. New Westminister - 301- 321 Sixth Street

Phone: Info line 604.874.2938

Website: <http://www.fsgv.ca/>

Hours: unknown

Fee: sliding scale based on gross monthly income

SFU Surrey Counselling Centre

9484 122nd Street,

Surrey, BC V3V 4M1

Phone: 604.587.7320

Website: <https://www.educ.sfu.ca/centers/sfu-surrey-counselling-centre.html> Hours:
unknown
Fee: free

Okanagan Clinical Counselling Services

1634 Harvey Ave, Kelowna
2406 Drought Rd, West Kelowna
304 Martin St, Penticton
B2-3334 30th Ave, Vernon
Phone: 250-718-9291

Website: <https://okclinical.com/>

Hours: No hours listed, but “available for early, late, and weekend appointments upon request” Fee:
Free 20 minute consultation; sliding fee scale slots available

Orchard Valley Counselling Services

210-347 Leon Ave, Kelowna
106-3535 Old Okanagan Highway, West Kelowna
Phone: 250-718-7457 or 250-801-5226

Website: <http://www.orchardvalleycounselling.ca/>

Hours: Kelowna – Monday to Friday, 10am-4:30pm; West Kelowna – Monday to Friday, 10am-9pm
(evenings and weekends by appointment)

Fee: Free 20 minute phone consultation; subsidized fee schedule, with rates based on gross household income starting at \$40 per session

Collective Healing Counselling

A practice that offers low cost counselling and prioritizes working with BIPOC and 2SLGBTQAI+ peoples toward “healing, growth and liberation.” <https://collective-healing.ca/low-cost-counselling>

Thrive Counselling Clinic

Offers low cost counselling and offers trauma-informed care through integrated approaches.
<https://thrivedowntown.com/low-cost-counselling>