

Additional Resources

This document includes additional mental health, wellness, and community resources that may support individuals and families outside of the main counselling referral documents. The primary focus is on psychoeducation, self-guided learning, coping tools, mindfulness, sleep support, and practical skill-building resources. It also includes selected post-secondary supports and practical community resources such as food, material, and family support options.

Looking for counselling referrals? Please refer to the separate youth, adult, and parent counselling resource documents for counselling-specific options.

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Please note: The information in this resource list is provided to the best of our knowledge at the time of compilation. Service availability, eligibility criteria, costs, wait times, and delivery methods may change without notice. Inclusion in this list does not guarantee access to services.

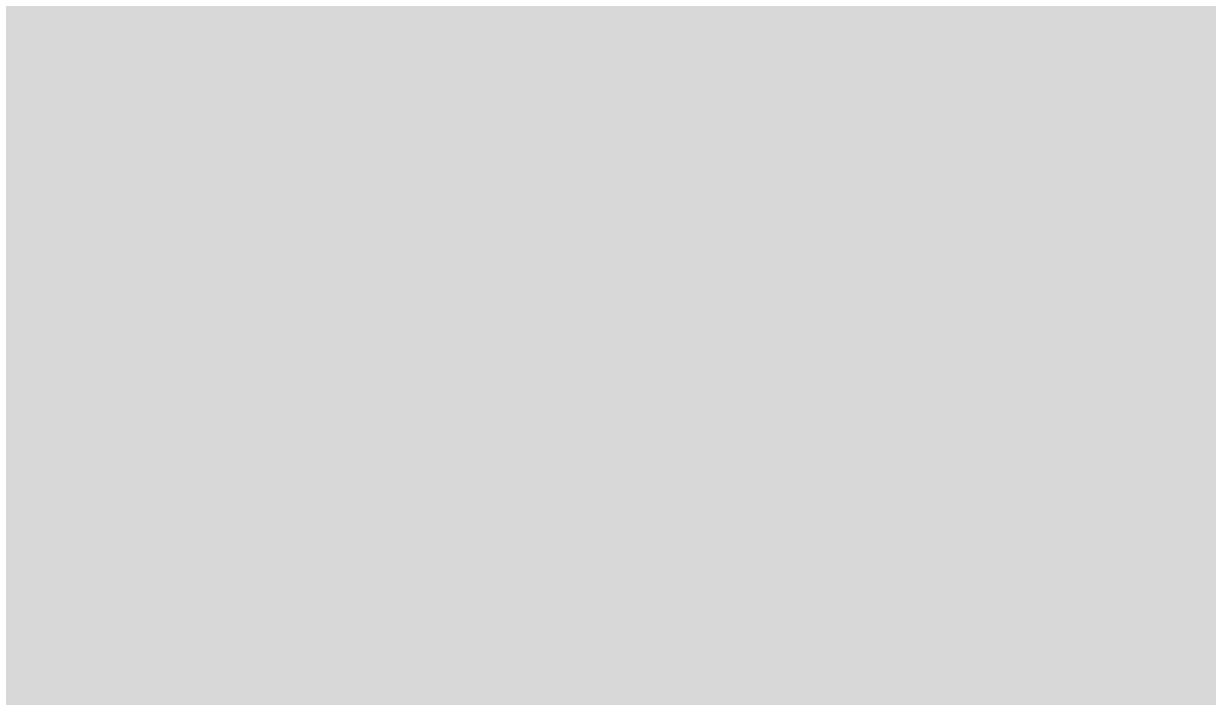
Clients are encouraged to contact service providers directly to confirm current information, eligibility, availability, and how to access services. This list is provided for information purposes only and does not constitute a recommendation or endorsement of any specific service or provider.

Managing Anxiety, Stress & Low Mood

Cognitive Behavioural Therapy (CBT)

A brief introductory video explaining Cognitive Behavioural Therapy and how thoughts, feelings, and behaviours influence mental health. Helpful for those new to CBT.

https://www.youtube.com/watch?time_continue=2&v=40ly9zFpuNs



Mind Space Skills for Wellbeing

MSP-funded mental health programs led by physicians and psychiatrists. Offers support for anxiety, depression, stress, insomnia, ADHD, and parenting challenges. Referral from a primary care provider is required. [\[Additional Resources | Word\]](#)

Clear Fear

Free app designed to help children, youth, and young adults manage anxiety using evidence-informed strategies and coping tools. <https://www.clearfear.co.uk/>

MoodGYM

Interactive online program that teaches practical skills for managing anxiety and depression through CBT-based exercises. <https://moodgym.com.au/>

Kelty's Key

Free online resources and virtual supports for anxiety, low mood, grief, and sleep concerns. Includes educational materials and self-help tools. <https://www.keltyskey.com/>

Palouse Mindfulness

A free online mindfulness course that teaches stress reduction, meditation, and self-awareness practices. <https://palousemindfulness.com/>

Centre for Clinical Interventions (CCI)

Free worksheets, self-help modules, and practical strategies for anxiety, depression, perfectionism, self-esteem, and other mental health concerns. <https://www.cci.health.wa.gov.au/resources/looking-after-yourself>

Calm Harm

App designed to help individuals manage urges related to self-harm using evidence-informed coping strategies. <https://calmharm.stem4.org.uk/>

Mindfulness, Meditation & Wellness

Mindfulness Module (Here to Help BC)

Self-paced introduction to mindfulness and its benefits for emotional wellbeing, stress reduction, and mental health. <https://www.heretohelp.bc.ca/wellness-module/wellness-module-11-mindfulness>

Foundations of Mindfulness

An introductory resource from Kelty Mental Health that explains mindfulness concepts and provides practical exercises. <https://keltymentalhealth.ca/foundations-mindfulness>

Recommended Apps

Headspace

Guided meditation and mindfulness exercises for stress management, focus, and overall wellbeing. <https://www.headspace.com/>

Calm

Meditation, relaxation, breathing exercises, and sleep support. <https://www.calm.com/>

Insight Timer

Free meditation app offering guided meditations for stress, anxiety, sleep, and relaxation. <https://insighttimer.com/>

Ten Percent Happier

Meditation app focused on building mindfulness skills through practical and approachable lessons. <https://www.meditatehappier.com/>

Breathr

Free mindfulness app developed by the BC Children's Centre for Mindfulness and BC Children's Kelty Mental Health Resource Centre featuring guided breathing and relaxation exercises. <https://keltymentalhealth.ca/breathr>

Sleep & Insomnia Resources

MySleepWell.ca

Provides free handouts with practical strategies and educational resources to improve sleep without relying on medication. <https://mysleepwell.ca/resource-centre/>

Free CBT-i

Free online Cognitive Behavioural Therapy for Insomnia program designed to improve sleep patterns. <https://mysleepwell.ca/cbti/>

CBT-i Coach

Evidence-informed app that helps users apply CBT-i techniques and track sleep progress. <https://mobile.va.gov/app/cbt-i-coach>

Mental Health Information & Resource Directories

Wellbeing BC

Provincial resource directory for mental health and substance use supports across British Columbia. <https://helpstartshere.gov.bc.ca/>

Pathways Community Services Directory

Searchable directory of health, community, social, and family services throughout British Columbia. <https://victoria-southisland.pathwaysbc.ca/>

Take Control of Your Mental Health

Educational online resource developed by BC psychiatrists featuring practical mental health information and self-help strategies. <https://www.bcpsychiatrist.com/>

Youth & Student Supports

Here2Talk

Free, confidential mental health support for BC post-secondary students available 24/7 by phone, app, or web chat. <https://here2talk.ca/>

UVic & Camosun Student Supports

Students can access counselling and student health services through their institutions.

UVIC: <https://www.uvic.ca/students/health-wellness/counselling/index.php>

Camosun: <https://camosun.ca/services/health-and-wellness/counselling-centre>

Kids Help Phone

Free national counselling, crisis support, information, and referral service for young people.

<https://kidshelpphone.ca/>

Kelty Mental Health

Mental health information, resources, and support navigation for children, youth, and

families. <https://keltymentalhealth.ca/>

Community Material & Food Resources

Community Meal Programs

Free or low-cost meal programs available through organizations such as Red Cedar Café, Burnside Gorge Community Centre, Fernwood Neighbourhood Resource Group, Saanich Neighbourhood Place, and 1Up Victoria. Programs may offer family meals, produce boxes, and grocery supports.

Red Cedar Cafe:

- Address: 1900 Douglas Street, Victoria BC, V8T 4K8
- Phone: (778) 817-0395
- Email: contact@redcedarcafe.ca
- Website: redcedarcafe.ca

Burnside Gorge Community Centre:

- Address: 471 Cecilia Rd Victoria B.C.
- Phone: 250-388-5251
- Email: info@burnsidegorge.ca

Fernwood Neighborhood Resource Group:

- Address: 1240 Gladstone Ave Victoria B.C.
- Phone: (250) 381-1552

Saanich Neighbourhood Place

Family Dinner, Wednesday from 5:30–7:00 pm, suggested donation of \$5 per family of 4. Call each week to register by Tuesday.

- Address: 3100 Tillicum Rd
- Phone: (250) 360-1148
- Email: admin@snplace.org

1up Victoria Single Parent Resources Centre

Members market: Produce, bread, and dairy items available to members for pick-up. Wednesdays: 11am - 1pm

- Address: Fairfield Community Centre, 1335 Thurlow Road, Victoria BC
- Phone: (250) 385-1114
- Email: info@1-up.ca

Re-Buy-Cycles Children's Bike Exchange

Families can exchange a child's outgrown bicycle for a larger bike at no cost, helping children stay active while reducing financial barriers.

How to access services:

- **Website:** <https://www.rebuycycleshop.com/>
- **Address:** 2920 Jacklin Rd Unit 110, Langford, BC V9B 3Y5
- **Email:** rebuycycleshop@gmail.com
- **Phone:** 778-679-9560

TELUS Mobility for Good

Provides Canadian low-income families who receive the maximum Canada Child Benefit (CCB) with low-cost wireless service. Customers can get a free certified pre-owned smartphone on a 2-year term, bring their own device or take advantage of a \$75 discount towards the online purchase of a refurbished smartphone or accessories.

Eligibility:

- Receive the maximum Canada Child Benefit (CCB)
- Can provide a recent Canada Child Benefit statement showing your family net income of less than or equal to \$37,487

How to access services:

<https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/families>