

Community Resources for Psychological Treatment for Heart Patients

Private fee-for-service clinics (standard fee for a session = \$200)

- Changeways Clinic (Has cardiac specialists on staff) 604-871-0490
www.changeways.com
- North Shore Stress and Anxiety Clinic www.nssac.ca
- Vancouver Cognitive-Behavioural Therapy Clinic www.vancouvercbt.ca

Clinics that offer services at reduced fees depending on your income

- Oak Counseling (\$10-\$65, staffed by registered counselors, not psychologists) 604-266-5611
- UBC Psychology Clinic (\$20-\$60, staffed by graduate students working on their PhD and supervised by psychologists) 604-822-3005
- SFU Clinical Psychology Centre (\$20-\$60, staffed by graduate students working on their PhD and supervised by psychologists) 778-782-4720

Couples and family counseling:

- Vancouver Couple and Family Institute www.vcfi.ca/aboutus.php
- Good Life Therapy Centre 604-682-1484

Counseling services that are free if you live in the catchment area:

- Mental Health Wellness Clinic at St. Paul's Hospital 604-682-2344, x66387
(in the Outpatient Psychiatry Dept). Offers group treatment for Depression and anxiety. You must be referred by a physician.
- Vancouver General Hospital Access & Assessment Centre for Adults with Substance use and mental health issues. 604-675-3700
Walk-ins welcome, open daily 7:30am – 11pm



- Most communities in BC (outside of Vancouver) have **Mental Health Centers** in town, or near by. You can either ask your family doctor, or google Mental Health and the name of your town.
 - Mental Health Centers in: Burnaby, Langley, Maple Ridge, New Westminster, Delta, Surrey White Rock – Follow this link to find the one closest to you:
http://www.fraserhealth.ca/your_care/mental_health_and_substance_use/mental_health_services/
 - Mental Health Centers in: Vancouver, Richmond and up the coast:
http://www.vch.ca/your_health/health_topics/Mental%20Health%20Services/
 - Mental Health Centers on Vancouver Island: <http://www.viha.ca/mhas/locations/>

Addiction Service Referral Line

- Access Central (Addiction Services) 1-866-658-1221

On-Line Resources

- **Google “SFU self-care workbooks”** (or www.carmha.ca/publications/index.cfm?topics=1)
These are free on-line workbooks on a variety of topics including Positive Coping with Health Conditions, Antidepressant Skills Workbook (available in English, French, Punjabi, Cantonese, and Mandarin), and Antidepressant Skills for Teens
- **Anxiety Canada:** A website packed with resources and ideas- some for free and some to purchase (including DVD’s such as “Effectively Managing Panic Disorder”) <https://www.anxietycanada.com/>
- **Bounce back.** This is an online + DVD + phone counseling service that is available throughout BC. This program targets both Depression and Anxiety. To participate, you need a referral from your GP (family doctor). You may need to tell him or her about it. Here is the website to get more info: <http://www.cmha.bc.ca/bounceback> .
- **Crisis Center.** This is an on line + 24 phone line for individuals who are experiencing suicidal thoughts and/or urges. www.crisiscentre.bc.ca, 604-872-3311
- **Kelty’s Key.** Free self-help online modules for depression, anxiety, insomnia and more. <https://www.keltyskey.com>