

COUNSELLING OPTIONS DURING COVID

BounceBack



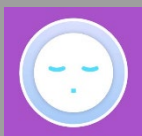
Bounceback offers a free skill-building program designed to help people manage low mood, stress, worry, anxiety, and depression. It can be delivered online or via phone.

Kelty's Key



Kelty's Key offers free online counselling to residents of the VCH region, as well as self-help resources based on Cognitive Behaviour Therapy

Mindshift App



The Mindshift app employs Cognitive Behavioural Therapy to help people develop the tools to tackle their anxiety, panic, and worries. The app is available free on iPhone and Android.

Anxiety Canada Website



The Anxiety Canada website offers great resources about various kinds of anxiety and coping methods. These include a Coping with COVID-19 'townhall' and a free online course about managing anxiety