

Community Resources for Psychological Treatment for Heart Patients

CATEGORY	HOW TO CONTACT
Private (fee-for-service) Clinics (standard fee \$200/session)	
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 Offering 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 PhD students, supervised by psychologists)	604-822-3005
SFU Clinical Psychology Centre (\$20-\$60, staffed by PhD students, 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 (Outpatient Psychiatry Clinic). Offers group treatment for depression and anxiety. Doctor's referral required.	604-682-2344, ext. 66387
Vancouver General Hospital Access & Assessment Centre for adults with substance use and mental health issues. Walk-ins welcome, open daily 7:30am – 11pm	604-675-3700
Addiction Services	
Access Central	1-866-658-1221



By Region

Most communities in BC have **Mental Health Centers** in town, or nearby. You can either ask your family doctor, or google “Mental Health” and the name of your town.

REGION	HOW TO CONTACT
Burnaby, Langley, Maple Ridge, New Westminster, Delta, Surrey White Rock	https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/mental-health-and-substance-use-services#.XzRPR4hKjIU
Vancouver, Richmond, North Coast	http://www.vch.ca/your-care/mental-health-substance-use/accessing-mental-health-substance-use-services
Vancouver Island	https://www.islandhealth.ca/our-locations/mental-health-substance-use-locations
BC Interior	https://www.interiorhealth.ca/FindUs/_layouts/FindUs/info.aspx?type=Service&loc=&svc=Access%20Services&ploc=
Northern BC	https://www.northernhealth.ca/services/mental-health-substance-use/services-by-community

On-Line Resources

- Self-care workbook:** <https://www.sfu.ca/carmha/toolsandresources.html>
 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 with many resources and ideas- some for free and some to purchase (including DVDs 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 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>