

# TALL TREE

## Mental Health Resources in the Greater Victoria Area



### Crisis Call Lines

*1-888-494-3888: 24-Hour Vancouver Island Crisis Line.* The Vancouver Island Crisis Line provides a supportive listening ear for people in emotional distress and connection to emergency mental health services when needed. This number is also the point of contact for the Integrated Mobile Crisis Response Team, which provides rapid, mobile, and community-based response to children, youth and families in crisis (1PM to midnight, 7 days/week).

*1-800-SUICIDE (1-800-784-2433):* for individuals who are or know someone who is having thoughts of suicide. The service is available 24 hours a day. Operated in partnership with Crisis Intervention and Suicide Prevention Centre of BC.

*310-Mental Health (310-6789 - no need to dial an area code):* for individuals who would like emotional support, information and resources specific to mental health in British Columbia. The service is available 24 hours a day, 7 days a week and is toll-free anywhere in British Columbia.



### Free Mental Health Support

#### **[bouncebackbc.ca](https://bouncebackbc.ca)**

*BounceBack®* is a free, evidence-based cognitive behavioural therapy (CBT) program designed to assist service providers in providing support to adults and youth 15+ who need help managing low mood, mild to moderate depression and anxiety, stress or worry. Delivered online or over the phone with a coach, users will get access to tools that will support them on their path to mental wellness. This program is funded by the Canadian Mental Health Association and the Provincial Health Services Authority, and is based on Living Life to the Full, a program that has been implemented across the UK.

#### **[wellnesstogether.ca/en-CA](https://wellnesstogether.ca/en-CA)**

Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic, with funding from the Government of Canada. Wellness Together Canada is designed to be used on demand: users get to choose what they need, when they need it. Our services range from basic wellness information, to one-on-one sessions with a counsellor, to participating in a community of support.

#### **[palousemindfulness.com](https://palousemindfulness.com)**

Palouse Mindfulness offers a free online format of the evidence-based program Mindfulness Based Stress Reduction. This course is typically 8-weeks long, but is self-paced in this online format.



### Tall Tree Health's Mental Health Services

Tall Tree Integrated Health Centre offers mental health services at its James Bay and Cordova Bay clinics. Online video sessions are also available. We have psychologists, counsellors, social workers and mental performance consultants available to design and implement a plan based on your unique goals, preferences and daily life realities.