
MENTAL HEALTH

RESOURCE GUIDE

As discussed in our series, mental health is complicated. There is no quick fix or "one-size-fits-all" solution. Our emotional, physical, and spiritual health all impact us, not to mention our past, our relationships or our habits. That said, there is hope as we move towards wholeness in all those areas, by the grace of God and with the help of the Spirit, trained professionals, and community around us.

MENTAL HEALTH RESOURCES

We asked some of our counsellors to provide us with a list of resources to help you or someone in your life as you work towards becoming whole and healthy. Though we have briefly looked at each of these, we have not gone through each of them thoroughly. These resources are not intended to substitute the work of trained professionals. Please reach out to us at connect@thehouseonline.ca if you would like some recommendations for a counsellor or see the options listed below.

RESOURCES

Support

- Canadian Mental Health Association (free options for phone/online counselling)
 - Phone: 250-861-3644 - Email: kelowna@cmha.bc.ca
 - Website: <https://cmhakelowna.com/>
- Cedar Sage Counselling through Interior Health (requires a referral from doctor and includes 6 sessions with a Masters level counsellor)
 - Phone: 250-469-7070 (x13555)
- Connect Counselling & Therapy Society (some free options, including some weekly drop-in groups for both men and women)
 - Phone: 2250-860-3181 - Website: connectcounsellingsociety.ca
- Okanagan Suicide Awareness Society (online support group)
 - Phone: 250-300-7990 - Email: info@suicideawareness.ca
- Confident Parents Thriving Kids (Through CMHA - requires a referral from a doctor and includes weekly video based training and phone calls to support anxiety or behavioral challenges in children aged 3-12).
 - Website: welcome.cmhacptk.ca
- Y Mind Teen (free online seven-week program across BC to support teens ages 13 to 18 who are experiencing symptoms of anxiety)
 - Website: <https://www.gv.ymca.ca/mental-wellness>
 - Phone: 604-673-6182 - Email: y mind@gv.ymca.ca
- Grief Share through Trinity Church (support through times of grieving)
 - Website: griefshare.org/groups/128043



MENTAL HEALTH RESOURCES

Information and Reading

- Mental Health Foundations (resources for caregivers, clinicians and clients)
- Website: mentalhealthfoundations.ca
- Heretohelp (resources and information about substance use and mental health)
- Website: www.heretohelp.bc.ca/
- Verywell Mind (reading and resources around mental health, including one-on-one options called "7 Cups of Tea")
- Website: verywellmind.com/best-online-anxiety-support-groups-4692353
- Kelty Mental Health (resources for parents)
- Website: keltymentalhealth.ca

Apps

- Calm (for meditation, sleep, and stress)
- Abide (Bible and sleep meditation)
- Clear Fear (for teenage mental health)
- I Am Sober (a sobriety app)
- Mindshift (for anxiety, worry and stress)
- Sanvello (for anxiety, depression and stress)
- Happify (games and activities to reduce stress and anxiety)
- Headspace (meditation, stories and tips to start your day)

By no means is this an exhaustive list and while your own reading and learning may be the first step towards wholeness, we pray you reach out and take a step towards wholeness through the help of a trained professional. Reach out to us at connect@thehouseonline.ca for more information or follow up.

