

Mental Health

Anxiety BC

www.anxietybc.com

1-604-620-0744

Canadian Mental Health Assoc.

www.cmha.bc.ca

1-604-688-3234

Mood Disorders of BC

www.mdabc.net

1-604-873-0103

Workplace Strategies for Mental Health

www.workplacestrategiesformentalhealth.com

Bounce Back: Reclaim Your Health

www.cmha.bc.ca/programs-and-services/bounce-back-checkin/

Not Myself Today

www.notmyselftoday.ca

Guarding Minds @ Work

www.guardingmindsatwork.ca

Health Associations

BC Lung Association

www.bc.lung.ca

1-604-731-LUNG (5864)

Canadian Cancer Society

www.cancer.ca

1-888-939-3333

Canadian Diabetes Association

www.diabetes.ca

1-604-732-1331

Canadian Mental Health Assoc.

www.cmha.ca

1-604-588-3234

Heart & Stroke Foundation

www.heartandstroke.bc.ca

1-604-736-4404

District Resources:

SD79 Website:

Visit the Employee Wellness page of the district website for resources on Nutrition, Mental Health and Physical Activity

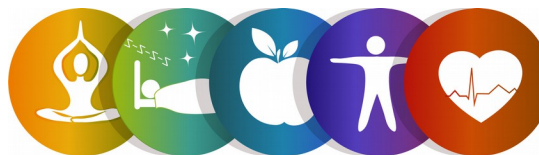
www.sd79.bc.ca/staff/wellness

Watch for our quarterly Health & Wellness Newsletter – **Wellness Matters**

Log in to view and search older issues at wellness-matters.net

Log in: wellness@sd79.bc.ca

Password: sd79wellness



Well-Being @ Work

Resources

*Supporting Learning through
Employee Health &
Well-Being*

Well-being @ Work has never been more relevant or important as it is today

- Physical
- Emotional
- Social
- Financial
- Career



Cowichan Valley School District
2557 Beverly Street
Duncan, BC V9L 2X3
www.sd79.bc.ca

Managing health, work and well-being is the responsibility of both the employer and the employee.

Research supports that work is:

- *Therapeutic*
- *Promotes quicker recovery*
- *Minimizes effects of physical, mental and social aspects of longer term medical absences*

If you (or someone you know) are struggling with medical or personal issues affecting your ability to remain or return to the workplace, the resources in this brochure may be of assistance.

Helplines

BC 211—Help Lines

Connects people with the help they need

www.bc211.ca/help.lines

BC Mental Health Support Line:

310-6789 (no area code required)

Crisis Centre of BC

Providing support to individuals who are dealing with crises and/or suicidal ideation.

Confidential—24/7 support

www.vicrisis.ca

1-888-494-3888

BC: 1-800-SUICIDE (784-2433)

Victim Link BC

1-800-563-0808



All Employees

Employee and Family Assistance Plan (EFAP)

Free, confidential assessment and counselling service for all employees and eligible family members in the areas of relationships, parent/child conflict, couples, financial, addiction and others.

Vancouver Island Counselling
www.vancouverislandcounselling.com
250-746-6900

Teachers

BC Teachers Health & Wellness

100% voluntary
on-line @ www.bctf.ca
Phone 604-871-1921

or 1-800-663-9163 local 1921

Starling Minds

An online “mental fitness” BCTF program developed by Dr. Miki and founded on the tenets of cognitive behaviour therapy (CBT), Starling Minds is designed to help any teacher who wants to learn more about stress, depression, and anxiety and how symptoms of these conditions affect both the mind and body. Individuals learn effective strategies that help keep sadness, anxiety, and worry in check.

www.starlingminds.com

Support Staff

The Public Education Benefits Trust

Fund (PEBT) provides employee benefits to the unionized support staff in British Columbia's public schools. Joint Early Intervention Services (JEIS) works with Members who are ill or injured at the very beginning (by the 6th day) of their absences from work.

www.pebt.ca

Addiction Resources

Alcohol & Drug Information and Referral Service

www.healthlinkbc.ca/mental-health-substance-use

BC: 1-800-663-1441

Problem Gambling Help Line

1-888-795-6111

www.bccresponsiblegambling.ca

Chronic Disease Management

University of Victoria

(available online throughout British Columbia)

Providing education on how to manage chronic conditions including:

Chronic Pain self-management, Arthritis, Fibromyalgia and Diabetes self-management
www.selfmanagementbc.ca

Health and Wellness

HealthLink.BC

www.healthlinkbc.ca

24/7 access. Dial 8-1-1

Health questions; talk to a nurse, dietician or pharmacist

Pacific Blue Cross: My Good Health

www.pac.bluecross.ca/advicecentre/get-more/tools-resources/mgh-tour

Sign in through Caresnet; find verified medical information and develop a personal health plan

www.caresnet.ca

