



LIVING REMOTELY?

ONLINE INFORMATION AND SELF-HELP
MATERIALS FOR ANXIETY AND DEPRESSION

[July 2019]

Program	Description	Referral Details (Eligibility, criteria, cost, hours & wait time)
Heads Up Guys CANADA WIDE	<p>Heads Up Guys is based out of the University of British Columbia and is part of the Men’s Depression and Suicide Network, a Canada-wide initiative to develop resources, services, and programs to improve the mental health and well-being of men.</p> <p>Their website provides information, tips, and advice to support men in their fight against depression.</p>	<p>No referral needed – you can sign up online for anonymous access</p> <p>Cost: Free</p> <p>Wait time: None</p>
BounceBack CANADA WIDE	<p>Phone CBT program (with clinician support)</p> <p>For more info: 1-866-345-0224 or bouncebackontario.ca/</p> <p>Skill-building, CBT-based program to manage symptoms of anxiety & depression.</p> <p>Includes telephone coaching (3-6 sessions) with trained mental health professional, while working through a variety of workbooks relevant to your needs (incl. sleep problems, postpartum depression, panic & phobias)</p>	<p>Two ways to be referred:</p> <ul style="list-style-type: none"> • Print and fill out with your family doctor at your next visit. • Complete online and provide your family doctor’s contact information <p>Wait time: Less than a week following referral</p> <p>For individuals with: Mild or moderate depression (PHQ-9 = 5 to 21), low mood, stress, and/or anxiety; Ages 15+</p>
Big White Wall ONTARIO ONLY	<p>Online peer support & self-management tools</p> <p>www.bigwhitewall.ca</p>	<p>No referral needed – you can sign up online for anonymous access</p>

	<p>Anonymous, safe, & supportive online community and resources.</p> <p>Register for access to guided courses for various mental health concerns and/or peer support forum (moderated by mental health professional).</p>	<p>Cost: Free</p> <p>Wait time: None</p>
<p>Kelty's Key VANCOUVER ONLY</p>	<p>Online evidence-based treatment option that is open to residents of Vancouver, with depression and anxiety.</p> <p>Supported by Vancouver Coastal Health.</p> <p>Our 8-week program delivers cognitive behavioural therapy (CBT) by combining:</p> <ul style="list-style-type: none"> • Online interactive lessons • Secure emailing with your online therapist • Private surveys to manage your symptoms and guide therapy 	<p>To get your own online therapist, you can register in the program by calling the Access and Assessment Centre at (604) 675-3700.</p> <p>Tell them you would like to refer yourself to the MHSU Outpatient Services online therapy program.</p>
<p>Online self-guided programs/resources</p>	<ul style="list-style-type: none"> • MoodGym – www.moodgym.com.au - Cost: \$39 (AUS) per year, structured modules to work through, based on CBT & interpersonal therapy • E-couch – www.ecouch.anu.edu.au • This Way Up - https://thiswayup.org.au - general info & skills; courses available at a cost • Center for Clinical Interventions https://bit.ly/2QAEu3T - various self-help manuals • Center for Addiction and Mental Health www.camh.ca/en/health-info • Here to Help - General info & self-help resources www.heretohelp.bc.ca • AnxietyCanada - Provides self-help information and programs related to the management of anxiety https://anxietycanada.com/ 	<p>Sign up online for anonymous access Cost: Free. Wait time: None.</p> <p>Cost: most are free but some may charge small fees</p>
<p>Self-guided workbooks</p>	<p>Provide information to help you understand what contributes to mood concerns as well as evidence-based therapeutic tools and exercises to help you manage and prevent these concerns</p> <ul style="list-style-type: none"> • Mind over Mood (Greenberger & Padesky) - Cognitive Behavioral Therapy (CBT) 	<p>Cost per book will vary.</p> <p>*Available in most public libraries</p>

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| | <ul style="list-style-type: none">• DBT Made Simple (Van Dijk) – Dialectical Behavior Therapy (DBT)• Calming the Emotional Storm (Van Dijk) - DBT• The Mindfulness and Acceptance Workbook for Anxiety (Forsyth & Eifert) – Acceptance and Commitment Therapy (ACT)• Full Catastrophe Living (Kabat-Sinn & Nhat Hanh) – Mindfulness Meditation | |
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