



LIVING REMOTELY?

**ONLINE INFORMATION AND SELF-HELP
MATERIALS FOR ANXIETY AND DEPRESSION**

[Updated November 2021]

Program:	Description:	Referral Details and cost:
<p>Heads Up Guys.</p> <p>Available:</p> <p>CANADA WIDE.</p>	<p>Heads Up Guys is a program of The University of British Columbia (UBC) 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>https://headsupguys.org/</p>	<p>No referral needed – you can sign up online for anonymous access.</p> <p>Cost: Free.</p>
<p>Wellness Together Canada.</p> <p>Available:</p> <p>CANADA WIDE.</p>	<p>Wellness Together Canada provides free resources for mental health and substance use support. They provide free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed – they are available 24/7.</p> <p>Their website provides loads of information on free resources and supports:</p> <p>https://wellnesstogether.ca/en-CA</p>	<p>No referral needed – you can create an account online.</p> <p>Cost: Free.</p>
<p>BounceBack.</p> <p>Available:</p> <p>CANADA WIDE</p>	<p>BounceBack is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. BounceBack is managed by the Canadian Mental Health Association (CMHA).</p> <p>To learn more about the services they provide go to:</p> <p>https://bouncebackbc.ca/what-is-bounceback/</p>	<p>There are two types of referrals:</p> <ul style="list-style-type: none"> • Primary referrals: Referral form complete by one of the following: Physicians, nurse practitioners, psychiatrists or secondary school counsellors. • Secondary referrals - pre-approval required: To find out more information on this type of referral and to download the referral form go to:

		https://bouncebackbc.ca/service-providers/eligibility-referrals/ Cost: Free.
Togetherall. Available: <ul style="list-style-type: none"> • Across CANADA if your organization, college or university have signed up. • To all post-secondary students or those aged 16-29 in Nova Scotia. • For all residents aged 16+ in Alberta. 	<p>Togetherall was formally known as - <i>Big White Wall</i>.</p> <p>Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. It is clinically managed, and their platform provides anonymous, peer-to-peer interactions so that as many people as possible can benefit from instant, easy-access and round-the-clock support when they need it.</p> <p>To learn more about this service go to:</p> <p>https://togetherall.com/en-ca/accessing-mental-health-support/</p>	<p>No referral needed. You can sign up online for anonymous access once you are eligible for this service.</p> <p>Cost: Free</p>
Kelty's Key: Available: <ul style="list-style-type: none"> • Across CANADA for the self-help resources. • In VANCOUVER ONLY for access to online Therapists. 	<p>Kelty's Key is funded by Vancouver Coastal Health. Anyone living across Canada can avail of the free self-help resources. Learn more about them here:</p> <p>https://www.keltyskey.com/self-help/</p> <p>If you are living in Vancouver, B.C. you can apply to link in with an online Therapist. (Currently the list is full – November 2021 – please check regularly for updates on this).</p>	<p>No referral needed. You can sign up online.</p> <p>Cost: Free</p>
Online self-guided programs/resources:	<ul style="list-style-type: none"> • Anxiety Canada: https://anxietycanada.com/ This is a non-profit organization which provides self-help, peer reviewed and trusted resources on anxiety. Anxiety Canada self-help resources are written specifically for children, youth, adults, parents, and individuals to support anxiety management. • Center for Addiction and Mental Health (CAMH): www.camh.ca/en/health-info CAMH is Canada's largest mental health teaching hospital and one of the world's leading research 	<p>Sign up online.</p> <p>Cost: Free.</p>

	<p>centers. Information and resources on various mental health issues including anxiety and depression.</p> <ul style="list-style-type: none"> • Here to Help: www.heretohelp.bc.ca <p>The HeretoHelp website features self-help resources for a number of audiences including people concerned for themselves or for a loved one. Topics covered include but are not limited to; anxiety and anxiety disorders, bipolar disorder, depression, eating disorders, grief, personality disorders, psychosis, self-harm, stress, suicide, substances like alcohol and other drugs, and co-existing mental health and substance use.</p> <ul style="list-style-type: none"> • Helplink.ie: https://helplink.ie/iaocs/irish-abroad-counselling-service/ <p>Helplink.ie provides a free online counselling service to Irish people living abroad. Each person can avail of 6 free online appointments.</p>	
<p>Self-guided workbooks:</p>	<p>Some examples of books that 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). • 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. 	<p>These may be available in your public library.</p> <p>Cost: The cost per book will vary if purchasing them.</p>

