



Community Health & Wellness Services During Covid-19

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April 3, 2020

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In line with Squamish Nation & First Nations Health Authority's guidelines during the Covid-19 Pandemic, the Community Health & Wellness team is providing phone and online (Jennifer) counselling sessions. Call during business hours to be connected:

North Shore 604-982-0332

Heather: Addiction counselling (Mon-Fri)

Eileen: Referrals to clinical counselling (Mon-Fri)

Jennifer: Mental wellness & addiction counselling (Mon & Wed)
(offers screening & diagnoses, ex. depression, anxiety...)



Squamish Valley 604-374-0759

Shayna: Mental wellness & addiction counselling (Mon, Wed & Fri)



*If you are in crisis or having suicidal thoughts, please call
KUU-US Crisis line at 1-800-588-8717 available 24/7*

Cell Phone Apps

- Addiction
 - *SoberTool*: If you have a craving, the app will guide you towards a message of staying sober and help address the cause of the craving.
 - *Sober Grid*: Sober social networking, badges for recovery time, 24/7 peer support.
 - *I Am Sober*: Sobriety date tracker, pledges, trigger analyzer, network of support. Free, subscription cost for premium features.
- Mental Health:
 - *Mood Tools*: safety planning diary, helpful for those living with depression and/or thinking about suicide and how to stay safe.
 - *Super Better*: Motivates users through games that have achievable goals. The tools can be applied to life when the going gets tough.
 - *Calm & Mindshift*: sleep, meditations, take charge of your anxiety and learn healthy thinking patterns.

Online Support

- *Bounce Back BC*: s a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.



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How Does Telephone / Online Counselling Work?

Telephone Counselling/therapy is a structured therapeutic relationship, where the client and therapist speak on the telephone or through telehealth/online rather than meeting in person. Sessions are with the same therapist and usually take place weekly. The therapist is in a private location to ensure that the conversation is confidential.

Telephone counselling is a growing trend in which psychotherapists and psychologists support clients over the phone. Phone counselling clients rate their counselling relationship similarly to in-person visits.

