

Where to Get Help for Depression or Mood Disorders

1. Your family doctor

- If you don't have one, see the website directory of the College of Physicians of BC at www.cpsbc.ca
- A doctor can refer you to assessment services through Rapid Access Psychiatric Services (RAPS) if appropriate (604-904-3540, West 17th North Vancouver)

2. Workplace benefits program

- Employee Assistance Programs refer employees to their network of therapists
- Extended health benefits which often cover short-term therapy (note: check the duration and extent of coverage and the type of therapists and therapies covered).

3. Your local mental health centre

- You can find it in the Blue Pages under 'Health Authorities' or call 1.800.661.2121 or visit the website of your local Health Authority (e.g. Vancouver Coastal Health www.vch.ca)

4. Referrals to counsellors or psychologists

- BC Psychological Association Referral Line at 1.800.730.0522
- BC Association of Clinical Counsellors Referral Line at 1.800.909.6303

5. Depression support group

- Contact the Mood Disorders Association of BC at 604.873.0103 or info@mdabc.net , visit www.mooddorderscanada.ca

6. Phone Information Lines

- BC Mental Health Information Line 604.669.7600 or 1.800.661.2121
- Dial 811 within BC to connect with health professionals who are trained to provide confidential information and advice.

7. Internet resources

- www.cmha.bc.ca/resources/bc_resources/deptreat
- www.heretohelp.bc.ca
- Anti-Depressant Skills for Teens www.mcf.gov.bc.ca/mental_health/teen.htm

8. Crisis lines

- In the front cover of your phone book, call 1-800-SUICIDE for 24/7 support, or visit crisiscentre.bc.ca