

## **Online resources for Persons with Disabilities**

### **BCTF Health and Wellness programs**

*www.bctf.ca/wellness*

#### **Early Intervention and Return-to-Work Program**

Assists Teacher-Members who are unable to maintain, or return to their teaching positions due to a medical illness or disability by funding an early intervention rehabilitation program.

#### **Living with Balance**

A BCTF Health and Wellness Program workshop, which runs for two hours once per week for six weeks. The program's holistic approach to wellness aims to equip teachers to make simple lifestyle changes that will positively affect their physical, mental, and emotional well-being.

#### **Starling Minds *www.starlingminds.com***

An online "mental fitness" BCTF program developed by Psychologist, Dr. Andrew Miki and founded on the tenets of cognitive behaviour therapy (CBT). Starling Minds is designed to help any BCTF member who want 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.

#### **Wellness and Self-Care for Teachers**

Promotes wellness initiatives in districts and at individual work sites on topics such as compassion fatigue, mindfulness in the workplace, eating well, and self-care.

## **Advocacy**

#### **Disability Alliance BC**

*www.disabilityalliancebc.org*

Provides support, information and advocacy to individuals with disabilities. Assists with applications and appeals for disability related benefits.

## **Mental Health**

#### **Alcohol & Drug Information and Referral Service**

Referral service for a full range of alcohol and drug counselling and treatment services across BC. Services on the Alcohol and Drug Line are confidential, multilingual, free, and available 24/7.

Lower Mainland: 604-660-9382, BC: 1-800-663-1441

#### **Bounce Back: Reclaim Your Health**

Telephone-based coaching to assist adults and youth who are experiencing depressive symptoms.

Individuals need a referral from a primary health care provider.

*www.bouncebackbc.ca*

#### **Confident Parents: Thriving Kids**

Telephone-based family-focused coaching to help with mild to moderate behavioural problems. Promotes healthy child development in children ages 3–12.

*www.cmha.bc.ca/programs-services/confident-parents-thriving-kids/*

Crisis Centre BC provides support to individuals who are dealing with crises and/or suicidal ideation. The Distress Phone Services provide confidential emotional support 24/7 for individuals experiencing feelings of distress or despair. Provides contacts for crisis line services located within BC's five health regions.

[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)

BC-wide 1-800-SUICIDE (784-2433) Greater Vancouver 604-872-3311

#### Here to Help

Comprehensive library of resources to help people with mental health and substance use challenges.

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

#### Living Life to the Full: Helping You to Help Yourself

(group format, fee of \$150)

A 12-hour, 8-week course, sessions are 1.5 hours each week. An interactive course that uses Cognitive Behavioural Therapy (CBT) principles to teach participants how to manage their mood and improve their quality of life. Courses in BC are offered through local Canadian Mental Health Association branches.

[www.livinglifetothefull.ca](http://www.livinglifetothefull.ca)

#### Problem Gambling Help Line

Free education, support, and treatment services regarding problem gambling.

1-888-795-6111

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

### **Specific Resources**

#### Alzheimer Society BC

[www.alzheimer.ca/en/bc/We-can-help](http://www.alzheimer.ca/en/bc/We-can-help)

#### BC Epilepsy Society

[www.bcepilepsy.com](http://www.bcepilepsy.com)

#### Multiple Sclerosis Society of Canada

[www.mssociety.ca](http://www.mssociety.ca)

[www.mssociety.ca/division/bc-and-yukon-division](http://www.mssociety.ca/division/bc-and-yukon-division)

#### Pacific Autism Family Network

[www.pacificautismfamily.com](http://www.pacificautismfamily.com)

#### Pain BC

[www.painbc.ca](http://www.painbc.ca)

#### Self-Management BC

Individual and group programs for individuals with chronic health conditions.

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

### **Referral to disability-related and other community resources**

#### BC211

A Vancouver based non-profit organization that specializes in providing information and referral regarding, community, government and social services in BC.

[www.bc211.ca](http://www.bc211.ca)