

Mental Health

Anxiety BC

www.anxietybc.com

1-604-525-7566

Canadian Mental Health Assoc.

www.cmha.ca

1-604-688-3234

Mood Disorders of BC

www.mdabc.net

1-604-873-0103

Workplace Strategies for Mental Health

www.workplacestrategiesformentalhealth.com

Bounce Back: Reclaim Your Health

www.cmha.bc.ca/how-we-can-help/adults/bounceback

Not Myself Today

www.notmyselftoday.ca

Guarding Minds @ Work

www.guardingmindsatwork.ca

Health Associations

BC Lung Association

www.bc.lung.ca

1-604-731-LUNG (5864)

Canadian Cancer Society

www.cancer.ca

1-888-939-3333

Canadian Diabetes Association

www.diabetes.ca

1-604-732-1331

Canadian Mental Health Assoc.

www.cmha.ca

1-604-588-3234

Heart & Stroke Foundation

www.heartandstroke.bc.ca

1-604-736-4404

District Contact Information

Marcy VanKoughnett

Assistant Superintendent -
Human Resources
250-368-2227

Well-Being @ Work

Resources

*Supporting Learning through
Employee Health & Well-Being*

Well-being @ Work has never been more relevant or important as it is today

- * Physical
- * Emotional
- * Social
- * Financial
- * Career



Better Health
Better You • Better Us

School District No. 20
(Kootenay-Columbia)
2001 Third Avenue
Trail, BC V1R 1R6
Phone 250-368-6434 / Fax 250-364-2470

Managing health, work and well-being is the responsibility of both the employer and the employee.

Research supports that work is:

- Therapeutic
- Promotes quicker recovery
- Minimizes effects of physical, mental and social aspects of longer term medical absences

If you (or someone you know) are struggling with medical or personal issues affecting your ability to remain or return to the workplace, the resources in this brochure may be of assistance.

Helplines

BC 211—Help Lines

www.bc211.ca/help.lines

BC Mental Health Support Line:

310-6789 (no area code required)

Crisis Centre of BC

Providing support to individuals who are dealing with crises and/or suicidal ideation.

Confidential—24/7 support

www.crisiscentre.bc.ca

Lower Mainland: 604-872-3311

BC: 1-800-SUICIDE (784-2433)

Victim Link BC

1-800-563-0808

All Employees

Employee and Family Assistance Plan (EFAP)
Homewood Health Solutions
1-800-663-1142
<http://www.homewoodhealth.com>

Teachers

BC Teachers Health & Wellness

- 100% voluntary
- on-line @ www.bctf.ca
- Phone 604-871-1921
or 1-800-663-9163 local 1921

Starling Minds

- An online “mental fitness” BCTF program developed by Dr. Miki and founded on the tenets of cognitive behaviour therapy (CBT), Starling Minds is designed to help any teacher who wants 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.
www.starlingminds.com

Support Staff

The Public Education Benefits Trust Fund (PEBT) provides employee benefits to the unionized support staff in British Columbia's public schools.

- Joint Early Intervention Services (JEIS) works with Members who are ill or injured at the very beginning (by the 6th day) of their absences from work.

Addiction Resources

Alcohol & Drug Information and Referral Service

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

Problem Gambling Help Line

1-888-795-6111

www.bcreponsiblegambling.ca

Chronic Disease Management University of Victoria

*(on-line available throughout
British Columbia)*

Providing education regarding how to manage chronic conditions including:

- chronic pain self-management
- arthritis and fibromyalgia
- diabetes self-management

www.selfmanagementbc.ca

Health and Wellness

HealthLink.BC

www.healthlink.bc

24/7 access. Dial 8-1-1

Health questions; talk to a nurse, dietician or pharmacist

Pacific Blue Cross: My Good Health

www.pac.bluecross.ca/advicecentre/get-more/tools-resources/mgh-tour

Sign in through Caresnet; find verified medical information and develop a personal health plan

