

anxiety



About 159,000,000 results



Need help streamlining
your search?



MindHealthBC

MindHealthBC.ca

Vancouver
CoastalHealth
Promoting wellness. Ensuring care.

Providence
HEALTH CARE
How you want to be treated.

SharedCare 
Partners for Patients


BRITISH
COLUMBIA

doctors
of bc 
British Columbia Medical Association

When you are struggling with anxiety or depression, the last thing you need is to struggle finding help.

What you need to know about MindHealthBC

At MindHealthBC, our job is to filter limitless data into highly targeted results, making it easy for you to get the help you need.



Targeted and relevant support

In just a few clicks, you will find only the most relevant and trustworthy support options, from online information and interactive self-help programs to recommendations for local in-person services.



Online self-help

MindHealthBC can even help direct you to free Cognitive Behavioural Therapy based programs like the Canadian Mental Health Association's Bounce Back™ Online and Kelty Online Therapy Service at Vancouver Coastal Health.



Funding for Bounce Back™ Online is provided by the Provincial Health Services Authority. The Kelty Online Therapy Service at Vancouver Coastal Health has been funded in part by a generous donation from The Kelty Patrick Dennehy Foundation.

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. CA.22.M56
© Vancouver Coastal Health, May 2016