

Victoria Area Self-Help Groups for Mental Health & or Substance Use

Produced by BCSS Victoria. Rev. Sept 2016



Self help = No wait lists/easy access. Hope and Help. No fees. No referral needed. Bumps up social support! Self help does not replace “clinical” care. While every attempt has been made to create a helpful list, it is not exhaustive. We hope it helps! Please see your GP if you are concerned about your health.

WHAT is “Self Help”? Self-help/mutual aid support groups are informal networks of individuals who share a common experience or issue. Members get together to share support. The primary focus of self-help is emotional support, practical support and information exchange.

Free Local Mental Health Self Help Support Groups and Resources:

Borderline Personality Disorder Society of BC/ BPD BC Borderline Personality Disorders Support Group Wednesdays 7-9pm
125 Skinner, Main Flr. Families welcome. Contact (250) 383-5144 Box # 2127 <http://bpdsupportgroup.wordpress.com/>
bpdsoctyofbc@gmail.com

Victoria DBT Coffee Club: Previous experience taking DBT? Practice with a group/meet others victoriadbtcffeeclub@gmail.com

BCSS Victoria Recovery and Hope Support Group People seeking recovery from schizophrenia, schizoaffective, bipolar, major depression, psychosis and other mental health issues. Wednesdays 2-3:30pm BCSS Victoria Branch, 941 Kings Road Contact peersupportbcss@shaw.ca or 250-384-4225 www.bcssvictoria@shaw.ca

Mood Disorder Association (MDA) Support Group For those with a mood disorder. Family members welcome.
2nd and 4th Tuesday of each month 715-930pm 125 Skinner Capital MHA Building Ken 250-475-1843

1st and 3rd Wednesday of each month 730-930pm Royal Jubilee Woodward Room Tamara (250)474-3065

Stigma Free Society of BC (formerly The Bipolar Disorder Society of BC) For those with Bipolar disorder or any mental illness: “Teens 2 Twenties Support Group”, Women’s Peer Support Group, Coed Group: check website at <http://stigmafreezone.com> and use the contact us page to e-mail Executive Director Andrea Paquette directly.

Anxiety Management Support Group Dr Tom Lipinski Registered Psychologist, Thursdays 630-8pm 125 Skinner Street

Anxiety BC Online self-help strategies, information and videos: <http://www.anxietybc.com/>

Suicide Bereavement Support Group: First Thursdays of the month. 250-386-6328 www.need2.ca admin@need2.ca

REES Network Peer Connections Group: Tuesdays 130pm 1509 Douglas St. Marna Lyn Smith 250-595-8619 MSmith@coolaid.org

Canadian Mental Health Association/CMHA BC Variety of resources: www.cmha.ca

Mood Disorders Association BC/ MDA BC Variety of resources www.mdabc.net

Eating Disorders online support groups BC: Variety of resources <http://webiteback.com/forum/> <http://lookingglassbc.com>

Free Local Family/Friends/Caregiver Mental Health Support Groups

Family/Friend Info and Support Group For those with a loved one in hospital or needing info and support for a loved one with a mental illness with/ without addictions. (schizophrenia, psychosis, bipolar, major depression and others) 2nd Thursday of the month. BCSS Victoria 250-384-4225 www.bcssvictoria.ca

Spouse/Partner Support Group: “Strategies and Support” for people whose partners/spouses have a mental illness. (schizophrenia, psychosis, bipolar, major depression and others) Last Thursday of the month 7-830pm 941 Kings Road, main floor board room BCSS Victoria 250-384-4225 www.bcssvictoria.ca

Early Psychosis Support Group for families with a loved one experiencing with first episode psychosis. Co-facilitated by VIHA Clinician and BCSS Victoria Family Counsellor Third Saturday of the month 1130am-130pm 941 Kings Road, main flr board room www.bcssvictoria.ca BCSS Victoria 250-384-4225

The FORCE: Families of children with a mental health issue incl. ADHD www.forcesociety.com 1st Wednesday of the Month, 7-9pm Pearkes Recreation Centre. Lisa Tate 604-878-3400

British Columbia Schizophrenia Society/BCSS: online moderated family caregiver support grps (parent/sibling/spouse) www.bcss.org

Educational Workshops (Self Referral/Registration required/Wait list taken)

Strengthening Families Together (SFT): 10 session course to help families gain information, develop strategies, and build contacts to better help their loved one or friend with a serious mental illness such as schizophrenia, bipolar disorder, major depression with/without addiction. Twice per year. Fall & Spring. www.bcssvictoria.ca

“WRAP” Wellness Recovery Action Plan® 8 sessions or 1:1, trained peer led. BCSS Victoria 250-384-4225 www.bcssvictoria.ca

Peer Support Program: Your Recovery Journey. BCSS Victoria, Peer Led. Learn about recovery, quality of life and self-management plans to support empowerment such as WRAP. 250-384-4225 www.bcssvictoria.ca

Living Life to the Full: Canadian Mental Health Association (CMHA) 8 session CBT based course. Self referral. www.lltff.ca

KIDS and Teens with a parent/family member with mental illness with or without substance use issue (schizophrenia, psychosis, bipolar, major depression with or without addiction) Learn facts, coping strategies and meet others in age group in a similar situation in a fun and supportive environment. Food included. Twice per year; Fall and Spring. www.bcssvictoria.ca Call for more information.

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Self Help focused on help for primarily substance use:

AA, CA, NA, AlAnon, AlAnon Teen, LifeRing, Umbrella Society, SOLID, Nicotine Anonymous & more. Due to publication rules, further details available directly.

Crisis assistance and other helpful information:

Vancouver Island Crisis Line: Provides support information, and assistance in crisis for you or someone you care about 1-888-494-3888

Island Health/VIHA Integrated Mental Health Crisis Team: contact through calling Vancouver Crisis Line first. The team member contacts caller shortly thereafter.

BC Here to Help Multiple language mental health resources and more <http://heretohelp.bc.ca/>

BC WIDE Health Link BC Call 811 to speak to nurse, pharmacist, dietician, find services near you (TTY for hearing impaired 711)

Low cost counselling:

Citizens Counselling Centre 941 Kings Road <http://citizenscounselling.com> (250) 384-9934

Stan Hagan Centre for Families; Salvation Army 2695 Quadra (Hillside and Quadra)

Esquimalt Neighborhood House 511 Constance Rd <http://www.enh.bc.ca/> (250)385-2635

South Island Centre: believes it is important that everyone have access to Counselling services. Our goal is to ensure that regardless of your financial situation, you can still get the help and support you need: <http://www.southislandcentre.ca/>

Men's Trauma Centre: Provide both group and 1:1 supports for males sixteen years and older who suffer from the effects of trauma, in order to facilitate their emotional healing. <http://www.menstrauma.com/>

Child/Youth Help Lines in Victoria, BC and National

“Youth Space” Chat or text or email: www.Youthspace.ca Text: 778_783_0177

BC youth hotline: http://www.messedup.ca/youth_hotline.htm?sbk=BC in Victoria

Crisis Centre BC <http://www.crisiscentre.bc.ca/> includes youth chat line: www.youthinbc.com 1-800-SUICIDE 1-800- 872-3311

National: Kids Help Phone 1800-668-6868 www.kidshelpphone.ca or direct to kids/teens: <http://kidshelpphone.ca/teens/home/splash.aspx>

GP REFERRAL REQUIRED resources

Social Anxiety Group: (VIHA) Referral Based, screened, general public can be referred by GP or psychiatrist.

CMHA BC Bounce Back personalized tele-coaching

Island Health/VIHA Urgent Short Term Assessment and Treatment (USTAT) Short term support

Island Health/VIHA specialized services such as psychiatrist, case management. Specialized psychiatric or substance use or concurrent disorders help
Did you know? ...

Thanks to a Collaborative Care initiative in BC, GP's have access to more support and can bill for mental health and substance use related visits?

Also the “RACE line” for GP's to access quick specialty consult (ie, psychiatry, first episode psychosis and other health conditions).

Local and BC Advocacy Services:

Together Against Poverty Society (TAPS) <http://www.tapsbc.ca/> (250) 361-3521

Victoria Disability Resource Centre <http://drcvictoria.com/> (250) 595-0044

BC Public Interest Advocacy Centre/BC PIAC <http://bcpiac.com/> (604) 687-3063 e-mail support@bcpiac.com

Action Committee for People with Disabilities <http://www.actioncommittee.ca/> 250-383-4105 948 View St.

BC Coalition of People with Disabilities <http://www.bccpd.bc.ca/> (604) 872-1278; Toll Free 1-800-663-1278/ TTY line 604-875-8835

Vancouver Island Human Rights Coalition <http://www.vihrc.org/> (250) 382-3012 “418-620 View St.

BC Human Rights Coalition <http://www.bchrcoalition.org/> (604) 689-8474; Toll Free 1-877-689-8474

BC Ombudsperson <https://www.ombudsman.bc.ca/> (250) 387-5855 Toll-free 1-800-567-3247 (all of B.C.)

Legal Aid BC <http://www.lss.bc.ca/> Toll Free 1-866-577-2525 Greater Vancouver (604) 408-2172

The Law Centre <http://www.thelawcentre.ca/> 250-385-1221

Getting Involved...

Share your voice in your community and beyond! Your voice matters. There are many local public advisory committees, non profit boards and committees who could benefit from your help when you would like to do so.

One committee actively seeking input is the Patient Engagement Committee Training Offered. Read more: <https://www.patientvoices.ca/>.

There is hope, recovery is possible!

Please see your GP/Walk In if your health is being affected.

Feel free to share this listing with supports, agencies, your GP and anyone who you think it would be helpful.