

FEELING LONELY OR ISOLATED?

Online Education and Self-Help Programs

- Canadian Mental Health Association (BC Division)
 - Offers tips and strategies for how to combat loneliness
 - Website: <https://cmha.bc.ca/documents/coping-with-loneliness/>
- Pain BC
 - www.painbc.ca
 - Provides up-to-date information on local resources such as **support groups**, as well as helpful strategies for managing pain and educational workshops
 - Pain Support Line: This is a non-crisis line that offers a listening ear for you as you manage chronic pain.
 - Website: <https://www.painbc.ca/about/programs/pain-support-line>
 - Phone: 1-844-880-PAIN (7246)
 - Coaching for Health: This is a free telephone program that provides the opportunity to talk to someone regularly who gets what it takes to live with chronic pain, and will help you explore strategies and techniques for self-management, and provide an opportunity to talk with someone.
 - Website: <https://painbc.ca/about/programs/coaching-health>
- Wellness Together
 - This online program provides tools and resources to help Canadians manage their physical and mental well-being throughout the pandemic. It includes modules on addressing low mood, substance use, **social isolation**, and relationship issues.
 - Website: <https://wellnesstogether.ca/en-CA>

One-on-One Counselling

- Interior Health
 - To reach your local Mental Health and Substance Use Centre for community-based supports, call: 310-MHSU (6478)
- UBCO Walk-In Well-being Clinic
 - Email: ipc.ok@ubc.ca
 - Voicemail: (250) 807-8241
 - Website: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>
- UBCO Psychology Clinic
 - Phone: 250.807.8241 (voicemail is available after hours)
 - Email: ipc.ok@ubc.ca
 - Website: <https://psych.ok.ubc.ca/psychology-clinic/>
- Private Psychological Services

- BC Psychological Association: https://www.psychologists.bc.ca/find_psychologist
- BC Association of Clinical Counsellors: <http://bc-counsellors.org/counsellors/>
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Crisis and Emergency Support (FREE)

- BC Suicide Help Line (24 hours): 1-800-784-2433 (1-800-SUICIDE)
 - website: <http://www.crisislines.bc.ca>
- Interior Crisis Line Network (available 24 hours): 1-888-353-2273
- Coping with Suicidal Thoughts:
http://www.comh.ca/publications/resources/pub_cwst/CWST.pdf
- Kelowna Community Response Team: (250) 212-8533
- Kelowna General Hospital Emergency: 2268 Pandosy Street
- Call 911 if you are in immediate danger or need urgent support