

HAVING PROBLEMS WITH YOUR SLEEP?

- HELP IS AVAILABLE -

Online Education and Self-Help Programs

- Kelty's Key
 - Free self-help courses to be worked through at your own pace
 - <https://www.keltyskey.com/courses/insomnia/>
- Helpful information and tools to manage insomnia:
 - Website: <https://mysleepwell.ca/>
- Free handouts to learn more about Insomnia and Nightmares:
 - Website: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep>

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/>

Crisis and Emergency Support

- 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