

Mental Health Resources

照顾好自己心理健康任何时候都重要，但是在压力和担心加剧的时候尤为重要。请查看以下资源来了解如何照顾自己及家人心理健康的信息。

Family Services North Shore: 604-877-4381 or 236-982-9871

Crisis Centre of BC Suicide Line: 1-800-784-2433 (1-800-SUICIDE)

Mental Health Support Line: 310-6789

Vancouver Coastal Regional Distress Line: 604-872-3311

Seniors Distress Line: 604-872-1234

[Family Services North Shore](#)

[Canadian Mental Health Association](#)

[Here to Help BC](#)

[Here to Help BC in Multiple Languages](#)

[Bounce Back Program BC](#)

[COVID-19 Self-Care and Resilience Guide](#)

[Mental Health Resources in Multiple Languages](#)

[Mindfulness and Self Help in Multiple Languages](#)

[Living With Worry and Anxiety Amidst Global Uncertainty in Multiple Languages](#)

这是一个充满不确定性的时期，由此不仅会引起成年人的焦虑，也会引起我们孩子的焦虑。如果您正在寻找面对这种公共卫生危机的方法。以下是一些有用的资源：

[NVSD Ways to Manage Stress and Anxiety and Support Children](#)

[NVSD Social Emotional Learning and Mental Health](#)

[Caring for children in the COVID-19 Crisis](#)

[World Health Organization – Helping Children Cope with Stress During the 2019-nCoV Outbreak](#)

[Kids Help Phone – COVID-19](#)