













Guide to Depression Support Services

AN EASY REFERENCE GUIDE TO THE WHO, WHAT, WHERE, WHEN AND HOW MUCH OF SERVICES FOR ADULTS EXPERIENCING DEPRESSION

 Professional	 Description	 Service(s)	 Cost	 How to access	 Referral required?
Fraser Health Crisis Line	In a mental health crisis and need urgent help immediately	Confidential emotional support, crisis intervention and community resources info available 24/7 by phone from trained volunteers	Free	Call 604.951.8855 or 1.877.820.7444	Self-referral
Family doctor/walk-in clinic	Your doctor is the best place to start. Can rule out any other causes for your symptoms	Can prescribe medication, do limited counselling and refer you to a psychiatrist or other special services	Covered by BC's Medical Services Plan (MSP). Prescribed medication costs may be partially or fully paid by workplace extended health plan or provincial/federal prescription-assistance programs	To find a family doctor, contact the BC College of Physicians and Surgeons for a list of doctors accepting patients at www.cpsbc.ca or 1-800-461-3008 (toll-free in BC). Find walk-in clinics under Medical Clinics in the Yellow Pages	Self-referral
Community mental health centres	Community mental health centres provide support to adult (19+) residents experiencing serious mental disorders, serious and persistent mental illness, and addictions. They can also refer to other local resources	Assessment and support, and connection to other community resources	Covered by MSP	Dial 2-1-1 or visit fraserhealth.ca to find your community mental health centre	Self-referral
Employee assistance program/extended health coverage	Many workplaces offer access to counselling services through benefit programs like an employee assistance program and through extended health coverage	Connection to short-term counselling services	You may have access to a clinical counsellor, social worker or psychologist for a certain number of visits or cost maximum	Contact your human resources (HR) department	Self-referral
Specific group services	If you belong to a certain group, you may have access to counselling through special services. For example, Aboriginals can access counselling through their Band, Friendship Centre, Aboriginal Mental Health program, or a branch of Health Canada. Members of a faith community may have access to a helpline or counsellor through networks connected to their place of worship	Connection to short-term counselling services	Depends on the group's assistance program	Contact group's main office for more info	Doctor referral

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Psychiatrist	Psychiatrists are doctors specially trained in diagnosing and treating mental illnesses	Can prescribe medication and use counselling to support recovery	Covered by MSP. Prescribed medication costs may be partially or fully paid by workplace extended health plan or provincial/federal prescription-assistance programs	Contact your family doctor	Doctor referral
Psychologist	The vast majority of psychologists hold a doctoral degree in psychology and are registered through the College of Psychologists of B.C. under the Health Professions Act	Psychological testing and assessment of emotional and cognitive functions, diagnosis of emotional and cognitive disorders, and use of evidence-based psychological treatments and psychotherapies. Often specialize in an area such as family relationships or biofeedback. Cannot prescribe medication	Private pay – around \$200/hr. Only covered by MSP if services provided through a hospital program or mental health team. Employee benefits programs may give access to a psychologist for a certain number of visits or cost maximum	Contact your HR department or go to psychologists.bc.ca/find_psychologist_full	Self-referral
Counsellor	Registered or certified counsellors (Registered Professional Counsellor or Registered Clinical Counsellor) teach skills to improve well-being	Assess mental health problems and use different counselling methods to help you manage and overcome emotional issues. Cannot diagnose and prescribe medication	Private pay –around \$110/50 minutes. Only covered by MSP through a hospital program or mental health team. Employee benefits programs may give access to a counsellor for a certain number of visits or cost maximum. May be low-cost counselling programs in your community	Contact your HR department or go to bc-counsellors.force.com/CounsellorSearch For info on low-cost counselling programs, dial 2-1-1 or visit bc211.ca	Self-referral
Peer supporters	Peer supporters have experiences of mental illness or support a loved one	Provide support and understanding, help navigate the mental health system, provide link with community services, and support work towards personal goals	Free	Call 2-1-1 or visit bc211.ca for peer-run groups	Self-referral
Support groups	Some groups are formal, led by a mental health professional, while others are more casual groups of peers	Provide a safe place to share experiences, learn from others, and connect with people who understand	Free	Find support groups through community mental health centres	Self-referral
Self-help programs	Self-directed resources for use at home	Work at your own pace	Free	BounceBack: Reclaim Your Health program helps adults with mild to moderate depression, low mood or stress. DVD- and workbook-based program with telephone coaching. cmha.bc.ca/how-we-can-help/adults/bounceback Antidepressant Skills Workbook: sfu.ca/carmha/publications/antidepressant-skills-workbook.html Online workbooks from Centre for Clinical Interventions website: www.cci.health.wa.gov.au/resources/consumers.cfm	Doctor referral Self-referral Self-referral