

## Covid-19 Health & Wellness Resources

### Covid-19 Health Resources

- **COVID-19 Information** – BC Center for Disease Control (BCCDC) – [CLICK HERE](#)
- **BC Self-Assessment Tool** – [CLICK HERE](#)
- **Where to get a Covid-19 Test in BC** – [CLICK HERE](#)
- **If You Have Covid-19** (BCCDC) – [CLICK HERE](#)
- **Self Isolation** – Q&A, Guidance & Resources (BCCDC) – [CLICK HERE](#)
- **Covid-19 Vaccine Information** (BCCDC) – [CLICK HERE](#)
- **Financial supports** - If you become sick or need to self-isolate, please see the Resources & Benefits tab of the Covid-19 page – [CLICK HERE](#)

### Mental Health Resources

Reach out to your benefit plan for assistance:

- **MBT Members - [Employee Assistance Program](#) - “LifeWorks”**
  - User ID: MBT / Password: Performers
  - **1 877 207 8833** – 24/7 - 365 days a year
  - Managed by LifeWorks - designed to help you find the support, advice, and resources you and your family need at no cost. For more info on your EAP program [CLICK HERE](#)
- **AFBS Members – [Member and Family Assistance Program](#) – “Morneau Shepell”**
  - **1 844 880 9142** – 24/7 - 365 days a year
  - Provided by Morneau Shepell - for AFBS Members who are insured for extended healthcare benefits, and their immediate family. For more info on your MFAP program [CLICK HERE](#)
- **Contact your plan administrator directly for other supports that may be available through your benefits plan at your coverage level:**

<p><b>AFBS Western Office</b> - <a href="http://www.afbs.ca">www.afbs.ca</a>            300-380 2nd Avenue West            Vancouver, BC V5Y 1C8            Phone: <b>604-801-6550</b> or <b>1-866-801-6550</b>            E-Mail: <a href="mailto:afbswest@afbs.ca">afbswest@afbs.ca</a></p>	<p><b>MBT – Member Benefits Trust</b> - <a href="http://www.mbt.ca">www.mbt.ca</a>            300-380 2nd Avenue West            Vancouver, BC V5Y 1C8            Phone: <b>604-689-0727 ext. 2261</b>            E-Mail: <a href="mailto:sarah@mbt.ca">sarah@mbt.ca</a> OR <a href="mailto:tunde@mbt.ca">tunde@mbt.ca</a></p>
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- **Calltime: Mental Health** – For public mental health & addiction resources - [CLICK HERE](#)
- **Crisis Intervention & Suicide Prevention Centre:** Confidential, non-judgmental, free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide. Call **604 872-3311** (Vancouver) or **1 800 SUICIDE (784-2433)**, or visit: [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)
- **AFC Helps – Navigator** – [CLICK HERE](#) - Free, personalized, confidential assistance service that connects arts and entertainment industry workers to mental health resources, programs, and

supports. Make an appointment for a 30-minute session with a specialist, by using our [online calendar](#) or calling **Tuesdays, between 10am and 2pm (PST) 1.877.399.8392** (toll-free.)

- **Anxiety Canada – Coping with Covid-19** – [CLICK HERE](#) - Struggling with anxiety during this time of uncertainty? You're not alone. Learn from our experts on how you can cope.
- **Mental Well-Being During Covid-19** – Links and resources (BCCDC) - [CLICK HERE](#)
- **WellCan App** – [CLICK HERE](#) - Free well-being resources to help Canadians develop coping strategies and build resilience to help deal with uncertainty, mental health, and substance abuse concerns during the COVID-19 pandemic.
- **Bounce Back:** A free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. Call toll-free: **1 866 639-0522** or visit: [www.bouncebackbc.ca](http://www.bouncebackbc.ca)
- **HealthLinkBC - Mental Health & Substance Use Supports in B.C** - Provides 24/7, confidential health information and advice. Call **8-1-1** or visit: [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- **MindHealthBC:** An online mental health counselling program. If you're struggling with depression, anxiety, or other mental health/substance use challenges, find information and recommendations for support in Vancouver, Richmond, and other coastal communities. [www.mindhealthbc.ca](http://www.mindhealthbc.ca)
- **How to Support Someone Who's Depressed** – (CTRI) – [CLICK HERE](#)
- **How to Find Credible Mental Health Information Online** – (CTRI) – [CLICK HERE](#)

## **Addiction/Substance Use Resources**

- **BC211.ca** – [CLICK HERE](#) – Find addiction supports and many other support services in BC.
- **Harm Reduction Information** - For people who use substances, overdose prevention services, & supervised consumption sites & social services (BCCDC)- [CLICK HERE](#)
- **Covid-19: Harm Reduction & Overdose Response** (BCCDC) – [CLICK HERE](#)
- **Safer Drinking Tips During COVID-19** (BCCDC)- [CLICK HERE](#)
- **Safe Drug Supply** (BCCSU) - [CLICK HERE](#)

## **Violence - Information and Resources**

- **People who may be or are experiencing violence** (BCCDC) – [CLICK HERE](#)
- **Battered Women Support Services(BWSS)**–[CLICK HERE](#)  
UBCP/ACTRA members - Email Rona [communityengagement@bwss.org](mailto:communityengagement@bwss.org) or call the dedicated phone line, **604-652-1010**. Anonymous crises line: **604-687-1867**
- **UBCP/ACTRA Members who identify as male:**  
Email [education@bc-malesurvivors.com](mailto:education@bc-malesurvivors.com) or call **604-682-6482**.
- **For more resources specific for UBCP/ACTRA Members** – [CLICK HERE](#)