

REACHOUT! WHISTLER

We stand together for mental health.



ReachOut! for Mental Health & Wellness Support

There are many places to find free or low-cost mental health & wellness support, both in person and online.

YOU DON'T HAVE TO STAND ALONE.

Outreach Services - Whistler Community Services Society

Confidential support for those experiencing challenges with mental health, financial insecurity, advocacy, physical health and injury, housing, food insecurity, substance use, employment, family/friend relationships, parenting support or support for those experiencing violence/conflict in relationships.

FREE

In-person and virtual appointments available
Call **604-932-0113** or book online at mywcss.org/contact-outreach

The Sea to Sky Healing Project - A Toolkit For Mental Health In Uncertain Times

This is a toolkit in the truest sense. It is a collection of carefully selected online videos, podcasts, articles, diagrams, tips, and insight in to how we can deal with stress, anxiety, and depression in our lives. Our hope is that everyone can find a number of tools that they can rely on at any given moment inside this toolkit.

FREE

Online resources
seatoskyhealingproject.com

BC 24/7 Crisis Support

Barrier-free, non-judgmental, free emotional support for people experiencing feelings of distress or despair. Confidential support is available via phone 24 hours a day, 7 days a week, or through online chat from 12pm until 1am, 7 days a week in British Columbia.

FREE

Phone and online chat services available in many languages.
Call **1-866-661-3311** or visit CrisisCentreChat.ca

Mental Health and Substance Use Services - Vancouver Coastal Health

Accessible and compassionate services include treatment planning, counselling, referrals to other supports and resources.

FREE*

Call the intake assessment line for initial consultation. Call: **604-698-6455**
**Free services may be provided if approved through the intake assessment.*

Workplace Healthcare & Extended Benefits Plan

If you are enrolled in a workplace healthcare or extended benefits plan through your employer you may have immediate access to free or low-cost counselling services. Many benefits providers offer virtual counselling services.

FREE / Low-cost

Log in to your online portal, call your benefits provider or talk to your HR Manager to find out more.

Help raise awareness and funds for mental health and wellbeing programs by purchasing a ReachOut! Whistler enamel pin. Available for \$8 online, at the Maury Young Arts Centre & Re-Use-It Centre. Visit artswhistler.com.
(Pick up at the Maury Young Arts Centre for online purchase, no shipping available.)

