



Reducing Poverty Initiative
Disability assistance through early intervention


Free & Low-Cost Mental Health Resources in BC

Access confidential, virtual, and culturally-relevant support for anxiety, stress, depression, parenting, trauma, and more—at no or low cost.

Self-Guided and App-Based Tools

MindShift CBT App


CBT-based anxiety management

 No referral needed • Free

 anxietycanada.com/mindshift-cbt

PTSD Coach Canada App


Tools for managing trauma & PTSD

 No referral needed • Free

 veterans.gc.ca/mh_app

Woebot Chatbot

A friendly, science-backed CBT chatbot for stress, mood, etc.

 No referral needed • Free

 woebothealth.com

Virtual and Group-Based Supports

BounceBack (CMHA)

CBT-based coaching, videos, etc.

✓ Self-guided available |

☎ Referral for coaching

 Free |

bouncebackbc.ca

Living Life to the Full

8-week mood skills course for youth, adults, seniors, and new parents.

 Free |

livinglifetothefull.ca

Mind Space CBT Groups

Physician-led groups (anxiety, ADHD, insomnia, parenting, Indigenous).

 \$75 refundable deposit |


 Referral required

mind-space.ca

Youth & Caregiver Supports

Foundry Virtual BC

Ages 12–24 | Counselling, peer support, primary care, employment services

 Book online or via the Foundry BC App

 Free

 www.foundrybc.ca/virtual

Indigenous

Zherka Counselling

Free sessions for Indigenous clients (via FNHA)

☎ 778-788-0173 |

 Free

 Vancouver or virtual

www.zherkacounselling.com

Currently off work due to mental health? You may be eligible for additional supports through the Reducing Poverty Initiative.



www.reducingpoverty.nidmar.ca



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