

COPING WITH PAIN AND ANXIETY DURING COVID-19 - RESOURCE LIST

Presented as part of Dr. Angie Ji's webinar with Pain BC on April 27, 2020

[View the webinar here](#)

GENERAL ANXIETY AND PAIN RESOURCES:

[Anxiety Canada](#)

- Including [this article](#) on increasing your intolerance of uncertainty
- Anxiety Canada's [MindShift CBT](#), a free app that uses evidence-based Cognitive Behavioral Therapy strategies to help you learn to be mindful and take charge of your anxiety

[Kelty's Key](#) (contains modules on both anxiety and chronic pain)

[Pain BC support services for People in Pain](#)

[LivePlanBe Information on Mind-Body Techniques](#)

CRISIS RESOURCES:

- Vancouver Coastal Health Region (Vancouver, Richmond, North Shore, Sea to Sky) – Call 604-872-3311
- Howe Sound, Sunshine Coast, Bella Coola – Call toll free 1-866-661-3311
- BC-wide Suicide Crisis Line – Call 1-800-SUICIDE (784-2433)
- BC-wide Mental Health Support Line. Connect to your local BC crisis line without a wait or busy signal – Call 310-6789 (no area code)
- [Crisis Centre Online Chat](#)
- BC Seniors' Distress Line – Call 604-872-1234

COVID-19 PSYCHOLOGICAL SUPPORT SERVICES

British Columbia Psychological Association is providing free, brief (up to 30 minutes) telephone consultations with a registered BC psychologist for BC residents aged 19 or older who are experiencing stress related to COVID-19. Note: This service is not a crisis line and is not a replacement for therapy.

[Learn more and request a support call here](#)