

# MENTAL HEALTH EDITION

MENTAL HEALTH WEEK - MAY 4 - 10, 2020



## #BreakTheStigma

The Canadian Mental Health Association has launched a [#GetReal](#) movement and are encouraging Canadians to talk about how they really feel. In honouring the goal of breaking the stigma, **we're challenging our communities to take the [30 day mental wellness challenge](#) to help those suffering realize they are not alone.** Mental health is understandably a tough obstacle to overcome but comfort and hope can be found in utilizing the resources around you.

In our community, we are very fortunate to have access to caring help through the [West Coast Community Resources Society \(WCRS\)](#). This non-profit organization offers women's counselling, child, youth, special needs and family counselling as well as, assistance with accessing resources related to food security, housing and employment.

WCRS provides safe and supportive services to individuals and families, supporting their right to explore options and make the right choices for them. WCRS is committed to ending family violence and all forms of abuse while promoting equality, diversity and well being. WCRS will help connect you with the right service for your situation.



## Local Resources

**Women's Outreach:** Vickie Ackerman - Supporting women and their children in accessing, securing and developing the resources they need to achieve their goals. Vickie is offering an online guided 'mindful meditation' from 7:30 - 8:00 am on Wednesdays. For more information, please contact: [womensoutreach@wccrs.ca](mailto:womensoutreach@wccrs.ca)  
PH: 250-726-5104

**Women's Counsellor:** Robin Tagles - Women who are dealing with abusive / violent relationships or difficult transitions can contact Robin, our stopping the violence counselor. Robin is also offering a writing circle for women via the internet and plans to offer other workshops and groups online during this time. Email: [stv@wccrs.ca](mailto:stv@wccrs.ca)  
PH: 250-726-5269.

### Child and Youth Mental Health, MCFD

Jason Lefevre  
Email: [jason.lefevre@gov.bc.ca](mailto:jason.lefevre@gov.bc.ca)  
PH: 250 720-2650  
Toll Free: 1-866-823-4249



**Free Counselling** - available to anyone by Canadian Certified Counsellor Erin Kostashuk in partnership with the District of Ucluelet Grant in Aid and Westcoast Community Resources Society. Book online at [www.equanimitywellbeing.org](http://www.equanimitywellbeing.org) or PH: 778-771-3818

**Telephone Counselling Services with a Registered Clinical Counsellor** Counselling with Tara Souch, RCC- 30 minute phone check ins (daytime appointments available) for ANYONE experiencing anxiety or distress. For info and to book an appointment, visit: <https://tarasouch.janeapp.com/>

**NTC Teechuktl Mental Health** - Counselling support via phone, Mon- Fri, 8:30am-4:30pm  
Email: [Michael.McCarthy@nuuchahnulth.org](mailto:Michael.McCarthy@nuuchahnulth.org)

**Transition House** - Available 24 / 7 for women and children fleeing violence and abuse.  
PH: 250-726-2020 TEXT: 250-266-0187

**Children/Youth Counselling**  
PH: 250-726-2343

**Island Health Mental Health and Substance Use**  
PH: 250-726-1282