



Need Some Extra Help?

Sometimes life feels hard

IT MIGHT BE A BUSY DAY, A STRESSFUL WEEK, OR MAYBE IT'S BEEN TOUGH FOR AWHILE. THESE RESOURCES ARE FOR ANYONE WHO WANTS MORE HELP AND SUPPORT IN MANAGING THE HARD TIMES.

Breathr: kelymentalhealth.ca/breathr - Did you know that regularly practicing mindfulness can change parts of the brain that affect memory, empathy, and stress? Breathr is an app to help introduce the concept of mindfulness and create an easy access point for those who are new to this practice.

MindShift™ CBT: www.anxietycanada.com/resources/mindshift-cbt/ - MindShift is an app designed to help you cope with anxiety using strategies to help you deal with everyday anxiety and specific tools to tackle a range of challenges.

Booster Buddy: www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app - A little boost can make a big difference. This app helps you to manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.

Drugs Meter: drugsmeter.com/cannabis/app/ - Drugs Meter is an anonymous tool that provides personalised feedback on your drug use. It provides reports on your cannabis use and estimates your risk of cannabis related harm.

Foundry BC: apps.apple.com/ca/app/foundry-bc/id1542266903 - This app offers drop-in and scheduled counselling, peer support, groups and other services as well as tools and resources that support you in living a good life.

Calm Harm: calmharm.co.uk - The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app.