

# Wellness Directory

The following list includes resources that may be of assistance in dealing with challenges that impact work performance, physical health and emotional/psychological wellbeing.

**IMPORTANT:** The directory is not intended to replace medical care and treatment - employees should always seek medical attention as appropriate.

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## Table of Contents:

1. [EMPLOYEE HEALTH BENEFITS](#)
2. [CRISIS INTERVENTION](#)
3. [GENERAL](#)
4. [MENTAL WELLNESS](#)
5. [BEREAVEMENT](#)
6. [HEALTH CARE PROFESSIONALS](#)
7. [COMPLIMENTARY/INTERGRATIVE](#)
8. [LOCAL DIRECTORY](#)
  - a. Complimentary/Integrative
  - b. Fitness and Recreation
9. [MANAGEMENT RESOURCES AND TRAINING](#)

## EMPLOYEE HEALTH BENEFITS

### Employee and Family Assistance Program

[Workhealthlife.com](http://Workhealthlife.com) or 1.844.880.9143

(EFAP)

Confidential service available to all employees and family members. In person, telephonic, online and other formats are available to assist with a wide variety of work, health or life issues:

- Professional Counselling
- Health and Wellness Resources
- Financial Support
- Legal Support
- Nutrition Support
- Family Support
- Career & Workplace
- Health Coaching
- Naturopathic Services
- Fitness Support

### Pacific Blue Cross (PBC)

<http://www.pac.bluecross.ca/> or 1.877.722.2583

When signed in as a member employees can review their specific coverage for extended health and dental, review recent claims, submit online claims and access other resources.

### “My Good Health” online tool

Accessible from the PBC homepage, this option has a variety of interactive tools and guides including a Health Risk Assessment survey that provides a personal health profile that identifies health risks, provides feedback and links to health promoting resources.

### BCTF Health and Wellness Program

<https://bctf.ca/wellness/> or 1.800.663.9163

This program provides wellness, health and productivity support to teacher-members by providing rehabilitation services and promoting self-care. Referral information and other wellness resources available online.

### Public Education Benefits Trust (PEBT)

<https://www.pebt.ca>

The PEBT is a health and welfare trust that provides employee benefits to the unionized support staff in BC’s public schools. Included in the benefits administered by PEBT are

- Core Long Term Disability (LTD)
- Joint Early Intervention Services (JEIS)

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## Joint Early Intervention Services (JEIS)

<https://www.pebt.ca/#/article/get/pebt-early-intervention-service/>

LTD benefits provide partial wage loss benefits and return to work focussed rehab assistance for support staff whose medical condition requires a prolonged work absence.

JEIS helps ill or injured support staff during the early stages of their work absence. A Health Care Management Specialist can assist with medical management and rehab services to assist in a successful return to work. JEIS is part of the Core LTD plan

## CRISIS

### CRISIS CENTRE OF BC

1-800-784-2433 (suicide crisis line)

[www.crisiscentreachat.ca](http://www.crisiscentreachat.ca) (chat)

[www.youthinbc.com](http://www.youthinbc.com)

<https://crisiscentre.bc.ca/get-help/>

This service provides emotional support, crisis and suicide assessment/intervention and resource information. Crisis line workers are trained in critical skills and follow protocols based on best practises.

### INTERIOR CRISIS LINE NETWORK

1-888-353-2273

### VictimLink BC

1-800-563-0808

[www.victimlinkbc.ca](http://www.victimlinkbc.ca)

Toll-free, confidential telephone service that provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

### Youth Against Violence Line

1-800-680-4264

[www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)

Safe, confidential and anonymous way for young people to report crime or violent incidents or to talk through any type of problem. Parents, teachers, caregivers, service providers and others can also call for information about youth-related resources.

### Problem Gambling Help Line

1-888-795-6111

[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

Free support and treatment services and promotion of responsible gambling practices.

## GENERAL

### Interior Health Authority

<https://www.interiorhealth.ca/Pages/default.aspx>

Links and information to numerous resources relating to different areas of medical services (cancer, chronic conditions, cardiac, medical assisted death, mental health, substance abuse, palliative care, pregnancy etc.), hospital stays and health and environment topics

### First Nations Health Authority (FNHA) Wellness Approach

<http://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority>

FNHA Wellness Approach presents a variety of initiatives that honours the First Nations perspective on health and wellness:

- Environmental health and safety
- Mental wellness and substance use
- Primary care
- Technology and health access
- Traditional wellness
- Wellness and healthy living
- Women, men, children and family

### Elder Care Resources

<https://www.interiorhealth.ca/YourHealth/AdultSeniorsHealth/Pages/default.aspx>

Links and information on elder/senior health and wellness care information for BC Interior

### WellnessFits

[www.wellnessfits.ca](http://www.wellnessfits.ca)

An online program sponsored by the Canadian Cancer Society, the Province of BC and Healthy Families BC. It provides a variety of workplace supports.

There are specific program modules in the areas of: healthy eating, physical activity, healthy minds, tobacco free, sun & uv awareness, early detection of cancer and chronic diseases, and living with cancer.

### Heart and Stroke Foundation (BC & Yukon)

<http://www.heartandstroke.ca/get-healthy>

Learn more about how to live a healthier lifestyle.

### Canadian Cancer Society

[www.cancer.ca](http://www.cancer.ca)

### Inspire Health: Supportive Cancer Care

<https://www.inspirehealth.ca/>

Not-for-profit supportive cancer care organization approved by the BC Ministry of Health. They offer personalized exercise therapy, stress management, nutrition and counselling services for people during and after cancer treatment.

### BC Lung Association

[www.bc.lung.ca](http://www.bc.lung.ca)

Canadian Diabetes Association

[www.diabetes.ca](http://www.diabetes.ca)

## MENTAL WELLNESS

BC Mental Health Support Line

310-6789 (no area code required)

Mental Health Commission of Canada

[www.mentalhealthcommission.ca/English/issues/workplace](http://www.mentalhealthcommission.ca/English/issues/workplace)

Free resources and tools to support workplace mental health. Also free monthly webinars.

Canadian Mental Health Association

[www.cmha.ca](http://www.cmha.ca)

Canadian Mental Health Association (CMHA) has regional branches that provide in person services. The scope of services includes mental health, substance use and addictive behaviour.

Bounce Back Program

<http://kamloops.cmha.bc.ca/programs-services/bounce-back/>

This free CMHA program teaches effective skills to help adults overcome early symptoms of depression, manage worry/anxiety and become more active and assertive. It's requires a referral from the family doctor.

Confident Parents: Thriving Kids

<http://kamloops.cmha.bc.ca/programs-services/confident-parents-thriving-kids/>

This free CMHA program is a family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting health child development in children ages 3-12.

Workplace Mental Health Webinars

<http://kamloops.cmha.bc.ca/programs-services/workplace-mental-health-webinars/>

CMHA webinars cover a range of workplace mental health strategies – each are one hour in length and past webinars can also be accessed for review.

Here to Help

<http://www.heretohelp.bc.ca/>

Mental health and substance use information/resources

Anxiety BC

[www.anxietybc.com](http://www.anxietybc.com)

A non-profit organization and a member of "Here to Help". Their mission is to increase awareness about anxiety disorders, promote education and increase access to evidence-based resources and treatments. The website contains information and numerous resources for increased awareness, self-help and treatment options.

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## Mood Disorders Association of BC

[www.mdabc.net](http://www.mdabc.net)

MDABC is a non-profit that provides treatment, support and education for people living with a mood disorder. The website provides comprehensive listing of resources, information, links to additional help, support groups and more.

## Workplace Strategies for Mental Health (employees)

<https://www.workplacestrategiesformentalhealth.com/job-specific-strategies/strategies-for-employees>

Tools and resources to learn about managing personal mental health in the workplace, how to help supervisor and how to work alongside co-workers who may be struggling with mental health issues.

## Workplace Strategies for Mental Health (employees)

<https://www.workplacestrategiesformentalhealth.com/Self-Assessment-Tools>

Various links to credible organizations that provide self-assessment tools for mental health or addiction concerns.

## Starling Minds

<https://bctf.ca/SalaryAndBenefits.aspx?id=38267>

An online program for teachers that provides education and a mental health toolkit to manage stress and prevent depression/anxiety.

## BEREAVEMENT

### BC Bereavement Helpline

1-877-779-2223

<http://www.bcbereavementhelpline.com/resources/>

Non-profit, free, anonymous and confidential service that connects people to grief support services in BC.

## HEALTH CARE PROFESSIONALS

### Physiotherapist (PT)

<https://bcphysio.org/find-a-physio>

Searching by way of the link at left will provide names and clinics of physiotherapists in your area. A referral is NOT required for private physiotherapy treatment and services may be covered through PBC extended health benefits.

Hospitals also normally provide physiotherapy services, however a physician referral is required and services are normally funded through MSP.

### Acupuncture

Services may be covered through PBC extended health benefits

## Registered Massage Therapist (RMT)

<http://www.rmtbc.ca/find-rmt>

Searching by way of the link at left will provide names and clinics of massage therapists in your area. A referral is NOT required for treatment and services may be covered through PBC extended health benefits.

Arrow Lakes Registered Massage Therapy  
250-265-7187

30, 45, 60 Minute Massage Therapy Treatments

## Custom Orthotics

Practitioners are varied and may include chiropractors, pedorthists, orthotists and podiatrists. A referral is NOT required, however a doctor's prescription may be required by PBC re: extended health benefits coverage.

## Chiropractor

<https://members.bcchiro.com/code/find.php>

Searching by way of the link at left will provide names and clinics of chiropractors in your area. A referral is NOT required for treatment and services may be covered through PBC extended health benefits.

## Naturopathic Doctor (ND)

[http://www.bcna.ca/code/?s\[go\]=t](http://www.bcna.ca/code/?s[go]=t)

Searching by way of the link at left will provide names and clinics of naturopathic doctors in your area. A referral is NOT required for treatment and services may be covered through PBC extended health benefits.

## Optometrist / Vision Care

Services may be covered through PBC extended health benefits

## COMPLEMENTARY / INTEGRATIVE HEALTH CARE OPTIONS

### Lawyer Referral Service

1-800-663-1919

<http://www.cbabc.org/For-the-Public/Lawyer-Referral-Service>

Funded by the Law Foundation of BC and operated by the Canadian Bar Association of BC. This program enables the public to access lawyers and provides the opportunity to have a consultation with a lawyer for up to 30 minutes for a fee of \$25 plus tax.

### Credit Counselling Society

1-888-527-8999

<http://www.nomoredebts.org/>

Free credit counselling, bankruptcy help and debt consolidation options

## LOCAL DIRECTORY

Note: This section of the Wellness Directory is a work in progress. In our small remote and rural context, the availability and the access to different health and wellness services is constantly changing. Additionally, many services are private enterprises and offered on a small scale, and so are not always captured by an available association or membership group. If you know of a valuable and beneficial service available in our area please feel free to share this information with the District office by sending an email to [michelle.grenier@sd10.bc.ca](mailto:michelle.grenier@sd10.bc.ca).

### COMPLEMENTARY / INTEGRATIVE HEALTH CARE OPTIONS

#### Holistic

##### Blue Moon Holistics

250-265-4431

[bluemoonholistics2017@gmail.com](mailto:bluemoonholistics2017@gmail.com)

[bluemoonholistics.com](http://bluemoonholistics.com)

Therapeutic Touch Massage and Reflexology

##### Dawn Devlin

<https://dawndevlin.ca/>

Muscle/energy balancing, emotional stress release, structural realignment, personal growth  
Ortho-Bionomy: light-touch body work to put you at ease, physically and energetically  
Touch for Health: mind-body techniques to increase energy, enhance healing, and accelerate recovery

##### Spiritual Wellness Centre

250-265-4123

Talks, demonstrations, meditation, reiki, etc.

##### Halcyon Hot Springs Resort

<http://halcyon-hotsprings.com/>

Open throughout the year, Halcyon is home to some of the most restorative hot spring waters you will find in North America. Halcyon Hot Springs also has a full-service spa available.

##### Nakusp Hot Springs

<https://www.nakusphotsprings.com/>

The Nakusp Hot Springs are nestled in the Kuskanax Valley in the foothills of the Selkirk Mountains and are one of BC's best kept secrets!

### FITNESS and RECREATION

#### Discipline Fitness

250-265-3554

24-hour cardlock gym.

#### Yoga

Koots Roots Yoga

[www.kootsrootsyoga.ca](http://www.kootsrootsyoga.ca)

Koots Roots Yoga maintains a strong core value of inclusivity by offering a wide range of classes that provide accessible yoga for all levels of experience.

#### Nakusp Chamber – Events Calendar

<http://nakusparrowlakes.com/events-calendar/>

For a complete listing of recreation events happening in Nakusp, including Tai Chi, African Drumming, Toonie

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Hockey and public skating visit the Nakusp Chamber Events Calendar.

**Slocan Chamber**

<http://slocanlakechamber.com/our-chamber/>

**Nakusp Badminton Club**

[https://www.facebook.com/Nakusp-Badminton-Club-350206962404812/?ref=py\\_c](https://www.facebook.com/Nakusp-Badminton-Club-350206962404812/?ref=py_c)

## MANAGEMENT RESOURCES AND TRAINING

**Morneau Shepell**

**Employee and Family Assistance Program (EFAP)** – offers assistance to managers with respect to a variety of workplace management issues.

**Workplace Strategies for Mental Health (managers)**

Various resources for supporting employees

<https://www.workplacestrategiesformentalhealth.com>

**Mental Health First Aid**

<http://www.mentalhealthfirstaid.ca/EN/course/descriptions/Pages/CriteriaandExpectations.aspx>

Mental health first aid (MHFA) is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.

Mental Health First Aid Basic is a 12-hour course focused on adults interacting with adults in all environments.