

Message from the President and CEO

Vivian Eliopoulos

Dear community partners,

This past week, we witnessed Russian President Vladimir Putin invade Ukraine and the heartbreaking devastation that this conflict has already wrought on individuals, communities and an entire country. At Vancouver Coastal Health (VCH), one of our core values is 'We Care for Everyone,' and our hearts and thoughts are with Ukraine and all those impacted by this tragic situation, including here in British Columbia.

The events of this past week are deeply troubling and unsettling for Ukrainians, along with the people of Russia who are opposed to these acts of violence. During these challenging times, it is important we take care of others and ourselves. In addition to the current conflict, many are still coping with the ongoing impact of the pandemic.

We want to ensure people throughout our communities of care have the resources they need during this difficult time. In addition to taking good care of yourself, we encourage anyone that needs additional help, has questions or just wants to talk to use one of the resources below.

The Government of Canada has put new measures in place to help facilitate travel from Ukraine to Canada during the current hostilities. VCH is committed to working with community partners to ensure that any refugees and new immigrants from Ukraine to our health authority receive the health care supports they need as they arrive and get settled in Canada.

There are many people, organizations and governments providing aide to Ukraine. If you are interested in supporting these efforts, we would like to suggest organizations that are providing medical assistance and align with our mission of providing care for all, such as [Medecins Sans Frontiers / Doctors Without Borders](#), [Canadian Red Cross](#) or [International Medical Corps](#).

Please feel free to share any of this information with family, friends and those in your network who may find it useful.

Thank you for your continued support and all that you do on behalf of our communities.

Sincerely,

Vivian Eliopoulos
President & CEO
Vancouver Coastal Health

Support services for adults

- [S.A.F.E.R.](#) is a free of charge, time-limited counselling service offered at Mental Health and Substance Use Outpatient Services at VCH. S.A.F.E.R. provides counselling for individuals age 19 and older who have made a suicide attempt, are currently suicidal, or have suicidal ideation. It also offers support and education for people who are concerned about the risk of suicide in a significant other or bereaved by a suicide death.
- [Here2Talk](#) is a free and confidential, always available mental health counselling and referral service.
- [BounceBack](#) provides free mental health coaching on the telephone for adults and youth 15+ who are experiencing low mood, mild-to-moderate depression and anxiety, stress or worry.
- Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1 a.m.)

Support services for children and youth

- [Foundry](#) offers young people ages 12 to 24 health and wellness resources, services and supports – online and through integrated services centres in communities across B.C.
- [Wellness Together](#) portal offers free counselling, online courses, self-guided programs and peer support groups.
- Online Chat Service for Youth: www.YouthInBC.com (Noon to 1 a.m.)

Crisis services for adults

- Anywhere in BC 1-800-SUICIDE: 1-800-784-2433
- [The Crisis Intervention and Suicide Prevention Centre of B.C.](#)
- Vancouver Coastal Regional Distress Line: 604-872-3311
- Mental Health Support Line: 310-6789 (no need to dial an area code)

Crisis services for youth

- [Kids Help Phone](#): Visit online or text 686868

Additional resources

- [World Health Organization mental well-being resources for the public](#)

Thank you

We appreciate the time you spend reading these updates and hope you find the information and resources useful. If you no longer wish to receive messages like these, please reply or send an email to ce@vch.ca with the word “unsubscribe”. Thank you.

Land Acknowledgement

We would like to acknowledge that our places of work and the Vancouver Coastal Health facilities lie on the traditional homelands of the First Nation Communities of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, x^wməθk^wəy̓əm, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Ulkatcho, Wuikinuxv, and Xa'xtsa.