



# Mental Health Resources

Created for Simon Fraser University  
Undergraduate and Graduate Students

*Feel free to share this document to anyone who will benefit from the  
mental health resources listed within.*

Brought to you by:  
Faculty of Health Sciences Graduate Caucus 2020

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# Territorial Acknowledgement

We acknowledge the unceded Coast Salish Territory, the traditional lands belonging to the x<sup>w</sup>məθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), Səlílwətał (Tsleil-Waututh), and k<sup>w</sup>ik<sup>w</sup>əłəm (Kwkwetlem) Nations.

The Faculty of Health Sciences Graduate Caucus is cognizant of the privilege and responsibility of living and learning on sovereign and unsundered Indigenous lands.

## Introduction

This document was developed out of overwhelming anxiety and stress brought about by changing times, uncertainty, and the multi-layered responsibilities to fulfill, on top of being a university student.

Due to COVID-19, we are at the forefront of disrupted routines and a quickly changing reality where social distancing, self-quarantining, and isolation are vital to protect the public's health and everyone's safety.

This is a difficult time for many of us. However, in moments like this, we see people and communities come together to help each other. There are many resources available online and these are only a few that we found.

We would like to extend our thanks to Tara Trethewey, BHK, MOT, for sharing her expertise and making this compilation possible.

We hope that these initiatives can help you stay calm and find your balance as much as it helped us.

Sincerely,  
FHS Graduate Caucus 2020

## SFU's Health & Counselling Services

Resources	Information	Additional Notes
<a href="#">Make SPACE for your well-being</a>	SPACE is an easy-to-remember acronym that outlines five evidence-based areas of positive mental health.	Open to students, staff, and faculty members.
<a href="#">Talk to a Counsellor or Mental Health Nurse</a>	Health & Counselling's team of doctors, psychologists, mental health nurses, and clinical counsellors are available to help you meet the challenges of achieving your academic and personal potential.	Due to COVID-19, many of their services are moving to virtual formats.  Urgent appointments: <a href="#">Burnaby or Vancouver Clinics</a> are available but not guaranteed.  Check the <a href="#">Afterhours info</a> .
<a href="#">Download mySSP app</a>	Connect with a Counsellor at your fingertips. mySSP is a free, confidential, 24/7 counselling phone or chat support - whenever, wherever you are.	Available in multiple languages.
<a href="#">Indigenous Students: Additional Support</a>	Counselling is confidential and provided at no cost for students currently enrolled at SFU.	Counselling support in the Indigenous Student Centre is temporarily unavailable due to maternity leave. Please visit the website for alternative options.
<a href="#">International Students: Additional Support</a>	Talk to a Transition Case Manager for one-to-one support and assistance with: <ul style="list-style-type: none"> <li>- managing school stress,</li> <li>- finding housing,</li> <li>- understanding documents, or</li> <li>- understanding Canadian services</li> </ul>	<a href="#">Connected Globally, Adjusting Locally</a> provides workshops for international students that will support their growth and success during their time at SFU.
<a href="#">Bouncing Forward: Online Resilience Course</a>	A non-credit Canvas course designed to help students overcome challenges and enhance their well-being.	

## Free Online, Self-Led Learning Services

Resources	Information	Additional Notes
<a href="#">Anxiety Canada</a>	Manage your anxiety using Cognitive Behavioral Therapy strategy.	They have an app called <a href="#">Mindshift</a> to address worry, panic, perfectionism, social anxiety, and phobias.
<a href="#">Bounce Back BC</a>	<ul style="list-style-type: none"> <li>- Manage low mood, mild to moderate depression, anxiety, stress or worry.</li> <li>- Online delivery or phone support.</li> </ul>	Created by Canadian Mental Health Association BC, in partnership with Provincial Health Services Authority.
<a href="#">Kelty's Key</a>	An online mental health therapy created by Vancouver Coastal Health. You can either work on your own or with an online therapist.	<a href="#">About Us page</a>
<a href="#">Here to Help</a>	Explore strategies to help you: <ul style="list-style-type: none"> <li>- take care of your mental health</li> <li>- use substances in healthier ways</li> <li>- find the information you need to manage mental health and substance use problems and</li> <li>- learn how you can support a loved one.</li> </ul>	<a href="#">COVID-19 and Anxiety Resource page</a>

## Free Meditation Websites & Corresponding Apps

Resources	Information	Additional Notes
<a href="#">Calm.com</a>	A highly recommended app for meditation, sleep stories, breathing exercises, and anxiety release. Download on your computer, iOS, or Android.	<a href="#">Free Calm resources in response to COVID-19.</a>
<a href="#">Headspace</a>	Meditation, sleep hygiene, and movement exercises.	<a href="#">Free Headspace resources in response to COVID-19.</a>
<a href="#">Ten Percent Happier</a>	Meditation basics, stress management, and happiness guide.	<a href="#">Free Coronavirus Sanity Guide</a>
<a href="#">zen habits</a>	If you prefer reading, this is a minimalist website on finding simplicity and mindfulness in the daily chaos of life.	<a href="#">Learn from the Archives.</a>

## Free Yoga Resources

Resources	Information	Additional Notes
<a href="#">Downward Dog Yoga</a>	Practice your Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout at home.	<p><a href="#">Free for everyone until April 1st, 2020</a></p> <p><a href="#">Free for students and teachers until July 1st, 2020. Register in this link.</a></p>
<a href="#">Lululemon</a>	The #sweatlife’s free online community resources. Release your ‘indoorphins’ by trying varied yoga classes, workout videos, and stress detox.	
<a href="#">Modo Yoga Online</a>	‘Namastream’ for free yoga classes until April 16th, 2020.	<a href="#">COVID-19 Community Update</a>

"What is the bravest thing  
you've ever said?" asked  
the boy.



"Help," said the horse.

*Photo Source: Charlie Mackesy*

'Asking for help isn't giving up,' said the horse.  
**'It's refusing to give up.'**

— Charlie Mackesy, The Boy, The Mole, The Fox And The Horse