



COVID-19 心理健康 / 社區服務中文參考資料 COVID-19 Chinese Mental Health & Community Resource Special Information

抗疫在線互助小組 (免費) Free Online Chinese Support Groups and Seminars:

- **抗疫在線心連心國語互助小組 Blue Mirror online Covid -19 Mandarin Support Group**
由 BC 註冊心理諮詢師帶領的分享小組。齊心抗疫，為感到焦慮、孤單、無助的朋友們提供在線平台，共同學習分享管理情緒壓力的技巧。A sharing group led by a BC registered counsellor. They work together to fight the pandemic, and provide an online platform for people who feel anxious, lonely and stressed.
聚會時間 Meeting Time: 每月的第二個和第四個星期四，下午 4 點至下午 5 點 (PST)
2020 年 11 月 12, 26 日及 2020 年 12 月 10 日
Every 2nd and 4th Thursdays of the month, 4pm-5pm (PST)
Nov 12nd & 26th, 2020 / Dec 10th, 2020
加入會議 Join Zoom Meeting: <https://zoom.us/j/96914883383>
會議 Meeting ID: 969 1488 3383
詳情 For Details: **604-448-2416 Bessie**
- **抗疫心連心心理援助站 CMWAC Heart to Heart Psychological Aid Station**
Zoom ID: 725-498-8477
加拿大社區情緒健康協會的社區支持計劃，有多位會講中英文的專業人士參與提供幫助。為有精神健康問題和疑慮的人們提供安全的空間學習。A new community support program to provide a safe space for people with mental health questions and concerns. They have a team of professionals to offer help in Chinese and English.
時間 Time: 每隔一個星期三晚上 7 點至 8 點半 Every other Wednesday evening from 7 pm to 8:30 pm 查詢
詳情 For Details: **604-273-1791 / 604- 721-3022**
Email: info@cmwac.ca <https://cmwac.ca/>
- **開創會所中文愛心小組免費健康講座**
Pathways House Chinese Family Support Group Free Online Seminars
免費在綫講座在每月第二個星期六舉行 Free online seminars are conducted on the 2nd Saturday of each month.
時間 Time: 下午 1 點至 2 點半 1pm - 2:30pm
查詢小組活動詳情 For Details of the Support Group: **604-761-3723 Frank Lin**
Email: frank.lin@pathwaysclubhouse.com
- **佳頤中心免費在綫健康講座**
Gaia Community Care and Wellness Society (GCCWS) Free Webinar
查詢詳情 For Details: **778-223-7236** / Email: info@gccws.ca
網址: <https://gccws.ca/>
以國粵語提供在綫研討會，涵蓋健康飲食，老齡自我保健，及建立照顧者能力等。Offers webinars in Cantonese and Mandarin related to staying active, healthy eating habits, coping with aging, self-care and building the capacity of caregivers.

社區為共同抗疫提供的免費中文在綫或電話輔導/情緒熱線及有關服務

Free Chinese online / telephone counseling and other related community services amid pandemic:

BC Mental Health Network: bccovidtherapists@gmail.com

為受疫情影響的人提供免費網上 / 電話輔導。有會說中文的輔導員。

預約方法：將姓名和聯繫信息和最方便你的時間發電郵往 bccovidtherapists@gmail.com
Offer free short term, one on one counselling to those struggling with Covid related impacts.
Email to them with your name and contact info for an online / telephone session. They have several Chinese- speaking counsellors.

Moving Forward Family Services - 暫時性的免費電話輔導服務 temporary free phone counselling

網址：<http://mffs.ca/>

現提供暫時性的免費電話輔導服務給低收入人士 MFFS is offering this free, temporary phone counselling for low income families.

服務語言 Languages: 多種語言服務包括國粵語 Multilingual including Mandarin and Cantonese

需要服務者需先電話留言或電郵 Wanting this service can call and leave a message.

電話 Call: **778-321-3054** or by email at : counsellor@movingforwardfamilyservices.com

MFFS 鬆弛練習國語音頻 MFFS Relaxation exercise Audios in Mandarin and other languages:

請連接網頁選聽：<http://mffs.ca/resources/>

*4-7-8 Breathing Exercise 4-7-8 呼吸鬆弛練習

*Progressive Relaxation Exercise 漸進式鬆弛練習

*Safe Place Imagery 最安全之地鬆弛練習

「重振旗鼓」情緒處理免費自學計劃 CMHA BounceBack® Program

在線活動 BounceBack® Online program: www.bouncebackonline.ca

當我們感到壓力大，通過適當學習和實踐可助您恢復精神健康。BounceBack®學習內容是採用基於認知行為療法（CBT）的方法。學習工作簿材料以英語提供。不用轉介。

With the right tools and practice, you can reclaim your mental health. Bounce Back uses resources based on the proven cognitive behavioural therapy (CBT) approach. Workbooks are available in English. Individuals can self-refer and register at the website.

若選擇由 BounceBack®講中文的教練透過電話帶領學習，需醫生轉介。可致電查詢：

For BounceBack® telephone coaching with a Chinese speaking coach, a doctor's referral is required.

Contacts: 國粵語 Mandarin/Cantonese: **1-877-318-3098**

英語 English: **1-866-639-0522**

網址：<https://bouncebackbc.ca/bounceback-coaching/>

BounceBack® Today Video 視頻：<https://www.bouncebackvideo.ca/>

有國粵語等多種語言的視頻將為您提供有關管理情緒，改善睡眠，建立信心，增強活動能力，解決問題和健康生活的實用技巧。The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are multilingual including Cantonese and Mandarin. 註冊代碼 Access code to register: **bbtodaybc**

中僑免費心理輔導服務 S.U.C.C.E.S.S. Free Counselling Service

是為居住在大溫哥華地區受 COVID-19 疫情影響的市民提供免費心理輔導服務，日期由現在直至 2021 年 3 月，將可以得到 6 節的免費心理輔導服務。語言選擇包括英語，華語（廣東話及國語），韓語和波斯語。

Free six session counselling service available for people negatively impacted by Covid-19. Limited time availability from now to March, 2021 for those living in Greater Vancouver, with service available choices in English, Chinese (Mandarin & Cantonese), Korean and Farsi.

聯絡電話 Contact: **604-408-7266**

Website <https://successbc.ca/>

中僑心理熱線 S.U.C.C.E.S.S. Chinese Help Line

服務時間：7 days a week / 11am - 8pm 每週七天上午 11 時至晚上 8 時

提供情緒支援，匿名交談聊天 Provide emotional support, anonymous chat

國語熱線(Mandarin): **604-270-8222**

粵語熱線(Cantonese): **604-270-8233**

溫哥華中信中心支援熱線 Vancouver CCM Centre Support Hotline

提供情緒紓緩及社區資源轉介服務 For emotional support and resource information

星期一至五上午 10 點至下午 4 點 Mon to Fri from 10 am - 4 pm

Cantonese and English 粵語及英語: **778-587-9102** /Mandarin 國語: **604-282-1355**

腦退化中文熱線 **First Link® Dementia Helpline**

關注腦退化或記憶衰退問題 Questions about Alzheimer's disease or dementia?

粵語或國語熱線 Cantonese or Mandarin: **1-833-674-5007** (星期一至星期五上午 9 點至下午 4 點 Monday to Friday, 9 a.m. to 4 p.m.) 網頁: <https://alzheimer.ca/en/bc>

加拿大華人醫療熱線 **Chinese Canadian Medical Hotline**

(Chinese and English languages 英文及中文服務): **1-866-598-0028**

服務時間 Service time: 週一至週五上午 9 點-下午 4 點 (預期會調整更長時段) Monday to Friday 9am - 4pm

由 BC 執業醫生, 註冊護士, 藥劑師, 牙醫, 註冊中醫師等醫療專家提供電話諮詢/問診, 中西醫電子處方, 送藥上門等服務。Telephone consultation, delivery of medicines and other services are provided by medical professionals (中醫 Registered TCM doctors 上午 9am-10am, 藥劑師 Pharmacists 10am-11am, 牙科 Dentists 11am-12am, 西醫 BC licensed doctors 下午 1pm-4pm)

8-1-1

健康資訊及社區服務電話專線/**Provincial Health Information and Advice Phone Line**

撥打 8-1-1, 健康服務導航員可助你找到你需要的健康信息和服務。By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services.

更多可供參考的服務資料 **More Resource Information for you:**

佳頤中心的已更新社區服務資料 **GCCWS Community resources - Updates amid COVID-19 pandemic**
<https://gccws.ca/resources/>

加拿大心理衛生會/心理健康社區服務中文資料 **CMHAVF Chinese MH Resources List**
<CMHAVF/ChineseProgram/info/ResourceList>

COVID-19 中文參考資料 Information in Chinese:

卑詩疾控中心 **COVID-19 中文講義和視頻 Handouts and videos about COVID-19** (Multiple languages)
<about-covid-19/translated-content>

- [Cantonese](#) (Video) 粵語視頻
- [Mandarin](#) (Video) 國語視頻

卑詩疾控中心關於新型冠狀病毒 (COVID-19) 的常見問題中文資料
Frequently Asked Questions about 2019 Novel Coronavirus (COVID-19)
<bccdc-COVID19 info-Chinese 中文資料.pdf>

新型冠狀病毒徵狀自我評估 **BC COVID-19 Symptom Self-Assessment Tool** <bc.thrive.health/covid19/en-Self-Assessment> 自我評估

溫哥華市政府關於新型冠狀病毒的中文資料網頁
City of Vancouver Chinese webpage on COVID-19
<http://www.vancouver.ca/covid19-chinese>

卑詩大學新冠病毒中文資源信息 **UBC Chinese COVID-19 Resources**

這 UBC 網頁的目標是收集並提供準確和真實的新冠狀病毒的信息。

[UBC chinese-covid-19-resources 中文資源](#)

卑詩省政府每日更新的聯合聲明的中文翻譯 **BC Government Translated Content** (News and Support Resources):
有關卑詩省新型冠狀病毒疫情的新聞、資訊和省政府紓困措施
[covid-19-provincial-support/tc-中文翻譯](#)

Fraser Health Tips: 管理圍繞 COVID-19 的焦慮 How to Manage Fear and Anxiety around COVID-19
[Manage-fear-&-anxiety-covid-19 管理恐懼和焦慮](#)

緊急危機熱線 Emergency/Crisis Services

(英語熱線, 可提供翻譯 English hot lines with language interpretation available)

- **911**
緊急情況-有對自己或他人造成傷害的直接風險 Emergency situations - immediate risk for harm to self or others
- **溫哥華總醫院 AAC 心理健康評估中心 VGH Access & Assessment Centre (AAC) (英語 English)**
電話: **604-675-3700** (每週 7 天 由上午 7 時半至晚上 11 時開放 Open 7 days a week from 7:30 am to 11:00 pm, walk-in clinic and phone service)
- **自殺危機介入熱線: 1-800-SUICIDE (1-800-784-2433)**
www.crisiscenter.bc.ca/get-help/
- **心理健康支持熱線 Mental Health Support Line: 310-6789** (無需撥字頭 No area code)
無需等候的 24 小時每週 7 天服務, 提供情緒和心理健康支持。No wait or busy signal, 24/7. The line workers are trained to help provide emotional and mental health support.
- **菲沙危機熱線 Fraser Health Crisis Line: 604-951-8855 或 or 1-877-820-7444**
[options/fraser-health-crisis-line](#)
(電話提供自殺危機介入及處理情緒困擾。Deliver suicide prevention crisis intervention and distress management services by telephone.)
- **長者情緒熱線 Senior's Distress Line: 604-872-1234**
長者感到孤獨, 或面對生活困難需要幫助解決問題, 或尋找社區資源信息, 熱線會有幫助。
For seniors who are feeling alone, facing difficult life situations, wanting help working through a problem, or looking for information on community resources.

(Compiled by Stella Lee, email: stella.lee@cmha.bc.ca)