

## quick reference sheet:

# MENTAL HEALTH RESOURCES FOR KFA MEMBERS

### HOMWOOD HEALTH - FREE ACCESS TO COUNSELLING

**1-800-663-1142 (call 24/7)**

TTY: 1-888-384-1152

- ▶ emergency mental health care available via phone
- ▶ members can request appointment with a videoconferencing-enabled counsellor

### FREE ONLINE RESOURCES & SERVICES

[KPU Wellness Page](#)

- ▶ access to Homewood Health online resources – requires account sign-up (short and easy sign-up)
- ▶ BC Government has also posted virtual mental health resources for COVID-19 [accessible here](#)

### BENEFITS FOR MENTAL HEALTH-RELATED SERVICES

- ▶ Massage Therapist - \$400 per calendar year, limited to \$20 per visit for the first 5 visits in any calendar year
- ▶ Naturopath - \$275 per calendar year
- ▶ Psychologist - \$275 per calendar year
- ▶ see [benefits booklet](#) for details

### LABOUR COMMUNITY ADVOCATE

[yourkfa.ca/contact/](http://yourkfa.ca/contact/)

- ▶ Contact the KFA to consult with the Labour Community Advocate for confidential support & help finding community-based resources
- ▶ For those looking for any type of support, or for those looking to support others, call 2-1-1 or visit [bc211.ca](http://bc211.ca)
- ▶ Mental health and anxiety support is also available at [www.bouncebackbc.ca](http://www.bouncebackbc.ca)

### SOMETHING MORE COMPLICATED?

[faculty.association@kpu.ca](mailto:faculty.association@kpu.ca)

- ▶ concerns about workload, questions about leave, etc, get in touch

