

解鎖心境密碼

Cracking the Code of Zen-ity

常見資源 General Resources

HealthLink BC	<p>致電 Call: 8-1-1 每天 24 小時提供卑詩省醫療保健系統的信息，設有中文。 Open 24/7, speak to a health service navigator, who can connect you directly with a nurse, dietitian, exercise professional, or pharmacist. Chinese speakers are available.</p> <p>網站 Website: https://www.healthlinkbc.ca/</p>
卑詩省家庭照顧者中心 Family Caregivers of BC	<p>照顧者熱線 Caregiver Support Line: 1-877-520-3267</p>
Mental Health and Substance Use Supports in BC - Mood and Anxiety	<p>網站 Website: https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc/mood-and-anxiety</p>
Here to Help BC - Mental Health and Substance Use Resources	<p>網站 Website: https://www.heretohelp.bc.ca/</p>

安康網站 iCON website: <http://www.iconproject.org/>

安康電郵 iCON email: icon.support@ubc.ca

訂閱安康電子通訊 (掃描二維碼)

Join our mailing list (scan the QR code): <http://bitly.ws/smYH>

