

Mental Health Support links during COVID-19 in BC

There are a variety of resources for students dealing with stress, anxiety and depression, stigma and racism, not only during the pandemic but at other times as well.

The Here2talk program in particular is for post secondary students:

<https://here2talk.ca/home>

Students that have purchased insurance through Guard Me also have access to their mental health support line: [Guard me Keepmesafe](#)

There are a variety of other programs and resources also available, and if you have difficulty accessing a program that meets your needs our school staff will help you.

[Wellness Together Canada: Mental Health and Substance Use Support Portal](#)

[\(https://ca.portal.gs/\)](https://ca.portal.gs/)

[COVID-19 Mental Health Check-in](#)

[Managing COVID-19 Stress, Anxiety & Depression](#)

[Bounceback](#)

[heretohelp](#)

[Virtual Mental Health Supports During COVID-19](#)

[HealthLink BC - Mental Health and COVID-19](#)

[Coping with COVID-19](#)

Religious Services

Protestant: <https://coastalchurch.org/church-online/>

Catholic: <https://rcav.org/coronavirus/mass>

Presbyterian: <https://presbyterian.ca/online-worship/>

iTTTi Vancouver can assist you with finding access to other denominations as well.

COVID-19 Symptoms and Testing Information Resources:

http://www.vch.ca/Documents/GPU_UPCC_Testing_Poster.pdf

<https://www.thrive.health/health-canada-self-assessment-tool>

What are the symptoms of COVID-19:

The symptoms most commonly found with COVID-19 infection include: fever, sore throat, loss of appetite, chills, loss of sense of smell or taste, nausea and vomiting, cough or exacerbation of chronic cough, headache, muscle aches, shortness of breath, fatigue, runny nose, diarrhea.

Should I get tested?

Anyone with cold, influenza or COVID-like symptoms can now be assessed and receive a COVID-19 test from a physician, nurse practitioner or local community collection centre. COVID-19 testing is not recommended for those without symptoms. If you think you need testing please call ahead before visiting your doctor, urgent and primary care center or health clinic. Revised June 22, 2020 How do I get my test results? While waiting for your results, please self-isolate. Those who have tested positive will be contacted by Public Health directly. If you have not been contacted you can get your negative results by text, online at myehealth.ca or calling the BCCDC COVID-19 Negative Results line at 1-833-707-2792. For more information on test results please visit the test results page at bccdc.ca. To find a testing centre near you, visit www.vch.ca/COVIDTesting or call 811

Testing Sites

Local information on how to get tested for COVID-19 <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

You can also use this map to locate a testing centre:

<https://bcgov03.maps.arcgis.com/apps/opsdashboard/index.html#/7f71191c6e0c4e65a644c1da3f53eb68>

If you are calling 811 for suspected COVID-19 exposure, they will most likely advise you on which test center to visit.

Quarantine/Self-Isolation Alternative Accommodations

ITTTi Vancouver can arrange quarantine site approved homestay accommodation.

Alternatively, the below hotels are approved quarantine sites:

Hotels near Vancouver International Airport (YVR) Richmond Conference Centre (3 Hotels on one property):

Hilton Vancouver Airport Hotel, Marriott Vancouver Airport and Sheraton Vancouver Airport Hotel)
7551 Westminster Highway, Richmond BC, V6X 1A3 Standard Room at all 3 properties: CAD \$100 per room per night, plus 17.16% tax. Add breakfast for \$12.50 per day, lunch for \$14.50 per day and Dinner for \$25 per day, plus 5% tax and 15% service charge.

Executive Hotel Vancouver Airport 7311 Westminster Highway, Richmond BC, V6X 1A3
<https://www.executivehotels.net> Courtyard Junior Suite: CAD \$89 per room per night, plus 17.16% tax.
*Upgrade to One-Bedroom Suite for \$30 more per night, plus tax. Add breakfast, lunch and dinner for \$39 per day, plus 5% tax and 15% service charge.

Sandman Vancouver Airport Hotel 3233 St Edwards Drive, Richmond BC, V6X 3K4
<https://www.sandmanhotels.com> Standard Room: CAD \$55 per room per night plus 16% tax. Add breakfast for \$10 per day, lunch for \$15 per day or dinner for \$20 per day, plus 12% tax and 15% service charge

GEC Granville Suites 718 Drake Street, Vancouver, BC V6Z 2W6 www.gecliving.com Standard room (Queen Suite/ Double Beds Suites): CAD 1,300 per room/ 14 nights, plus 16% tax

*Prices are set by the hotels and may be subject to change so confirm with the provider.