



Mental Health & Wellness

A resource guide brought to you by
your Benefits Office



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Benefits Office Introduction

The Sheet Metal Workers (Local 280) Benefits Administration Office's primary goal is to make sure every member and their family understands and has access to the right benefits at the right time.

If you're wondering if something is covered under your benefit plan, ask us. You don't need to spend time searching through booklets. We have the information you're looking for and if we don't we will get it for you.

Your Benefits Office is here to help so please don't hesitate to contact us.

Call 604-430-3015 (toll-free 1-888-892-1168)
Text 604-219-9534 Fax 604-430-4691

Email info@smw280benefits.ca
Website www.smw280benefits.ca

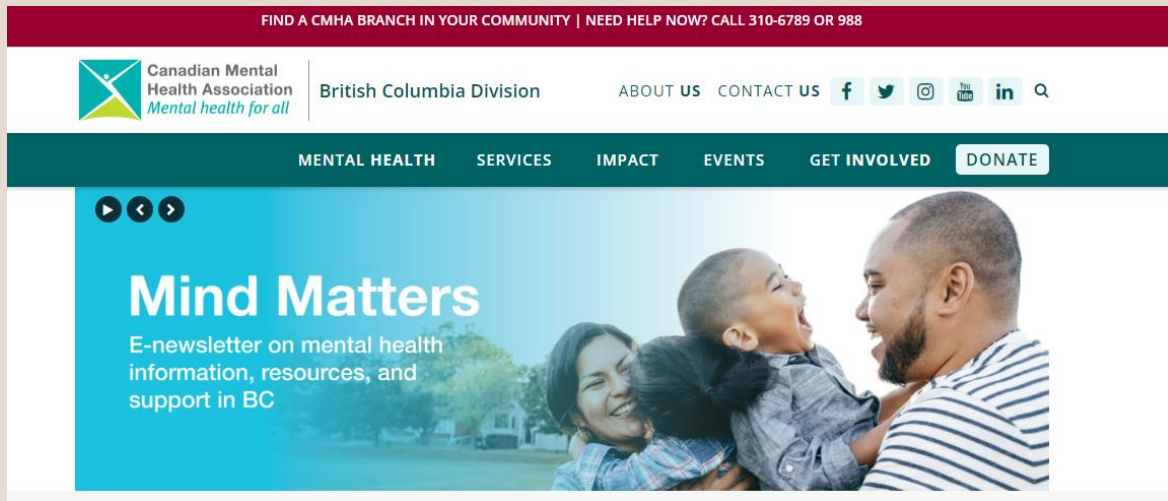


The background features a light grey base with large, overlapping organic shapes in muted green and brown. On the left, there are stylized, layered patterns of foliage in shades of grey and brown. A thin, white, wavy line curves across the bottom right portion of the image.

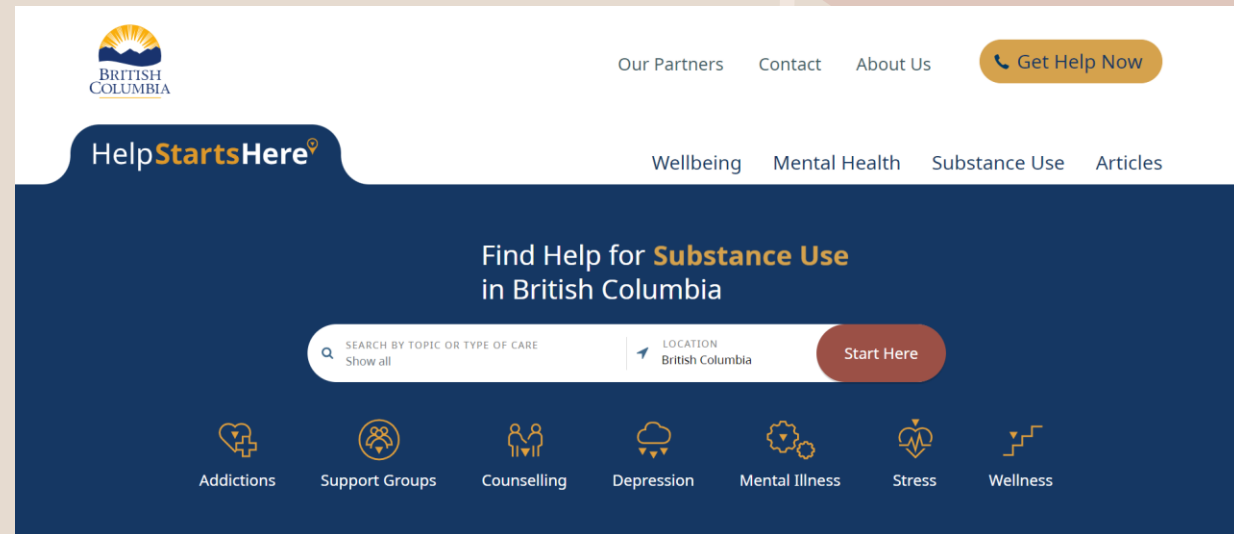
Resource Library

FREE (OR LOW COST) RESOURCES

Canadian Mental Health Association
www.cmhca.ca



Help Starts Here
<https://helpstartshere.gov.bc.ca/>



Construction Industry Rehab Plan (CIRP) – free resource

Almost all Local 280 Employers contribute to this fund to ensure that help is available when you, or someone in your family, needs it.

They provide more than just addiction treatment.

Counselling is available to support mental health issues such as stress, anxiety, depression and PTSD.

To get started with counselling, call them for an intake with the case manager. They will assign you a registered counsellor best suited to your needs.

You will be offered a 12-month treatment plan and counselling sessions of one hour, once per week. These services are currently being conducted online and in person. You are offered 12 months of counselling, but some people may require more, and others just a few months. The goal is to equip you with the skills to provide long-term solutions.

Call 604-521-8611 or toll-free 1-888-521-8611

www.constructionrehabplan.com





Fee for Service Resources

find a provider (\$2,000/person/year)

PSYCHOLOGIST

www.psychologists.bc.ca

CLINICAL COUNSELLOR

www.bcacc.ca www.cpga-rpc.ca www.ccpa-accp.ca www.acctcounsellor.com

COGNITIVE BEHAVIOUR THERAPY

must be rendered by a PBC-eligible vendor

www.pac.bluecross.ca/adminresource/online-cognitive-behavioural-therapy/

SOCIAL WORKER

www.bccsw.ca

DIETICIAN

www.collegeofdieticiansbc.org

online cognitive behaviour therapy

IS COVERED UNDER
YOUR \$2,000/YEAR
PSYCHOLOGY BENEFIT

mild/moderate depression
anxiety
ADHD/OCD

PTSD and
substance use

chronic pain management
grief and loss

sleep and
panic disorders

Don't wait until it's too late

CHIROPRACTOR / PHYSIOTHERAPY www.bcchiro.com www.bcphysio.org

- Seek care for symptoms such as chronic pain, fatigue, lack of energy, digestive problems, muscle aches, numbness, tingling, cancer pain
- Prevent a debilitating musculoskeletal injury (i.e. low back pain)
- Your job is physical, take good care of your body

MASSAGE THERAPY www.rmtbc.ca

- Relieve stress-related tension, pain, and muscle aches
- Improve circulation, energy, and alertness
- Lower heart rate and blood pressure
- Cancer pain
- Carpal Tunnel Syndrome, Osteoarthritis
- Fibromyalgia, Multiple Sclerosis

PARAMEDICAL
\$2,000 per person
per year

DID YOU KNOW
chronic pain can lead to
depression and anxiety

other paramedical practitioners

ACUPUNCTURE

- Pain, Sciatica
- Cancer pain
- Arthritis
- Headaches, Anxiety
- Infertility, Menstrual pain
- Digestive issues

www.ctcma.bc.ca

NATUROPATH

- Allergy testing
- Tired, Low energy
- Stress and sleep disorders
- Skin conditions
- Arthritis
- Fertility, Menopause

www.cnpbc.bc.ca

HOMEOPATH

- Allergies
- Arthritis
- Dermatitis
- Irritable Bowel Syndrome

www.homeopathy.org

summary

We hope you've found this resource guide helpful.

You don't need a referral from your doctor to visit the practitioners listed.

Use the websites provided to find one near you.

Always verify that they are registered with their professional association.

Try more than one until you find one that you like.

Your health matters.





thank you

Your Benefits Office Team
Alex, Alicia, Jenn, Melissa, and Tina

Plan Administrator
Tara Perkins