

Government Wellness Resources

Please find below a list of programs available for residents of British Columbia, provided by the provincial government.

Hotlines

- **BC Nurseline** – 1-866-215-4700, provides 24-hour, confidential access to a registered nurse for health information and advice; pharmacist is available from 5:00pm to 9:00am every day
- **Dial-a-Dietitian** – 1-800-667-3438 for nutritional advice, 9:00am to 5:00pm weekdays
- **Health and Seniors' Information Line** – 1-800-465-4911 for general information about Ministry of Health programs and services, as well as seniors' programs. The line also provides information to BC residents regarding cancer diagnostic and treatment programs, organ transplants, and many other health care issues
- **BC Healthy Kids program** – helps low income families with the costs associated with basic dental care and prescription eyewear for their children. 1-866-866-0800 press 4, then 2
- **For a list of toll-free information lines** on a variety of topics (including AIDS, Eating Disorders, Cancer, etc.), go to www.gov.bc.ca/health, scroll to the right of the screen and look for the link "Toll-Free Information Lines" in the grey shaded area
- **Enquiry BC** – Who to call when you don't know who to call – the Enquiry BC call centre will provide contact information for any provincial program. 1-800-663-7867, 7:30am – 5:00pm Monday to Friday

Websites

- **On-line BC Health Guide** – This website provides on-line access to the information in the BC HealthGuide Handbook published by the Ministry of Health. The on-line version allows a person to access health information by topic that has been medically reviewed, as a means of helping people make healthier choices. Go to www.bchealthguide.org and click on the link for Topics by Category to view advice on a variety of health issues.
- **BC Health Files** – This is an on-line resource available at www.bchealthguide.org/healthfiles, which provides fact sheets about a wide variety of health and safety issues, ranging from poisoning to parenting
 - As a part of the above website, you may be interested in checking out the **Index** portion of the site at www.bchealthguide.org/healthfiles/index.stm. Type in a key-word such as "parenting" or "vaccine", and fact sheets about this topic will appear
- **Ministry of Health** – The website for the Ministry of Health is a great source for contacts on virtually every health/mental health service in the province. Go to www.gov.bc.ca, and click on the "Healthy Living" link in the blue area on the left side of the home page. On the right hand side of the Healthy Living page is a list of topics, including Family Health, Mental Health, Substance Abuse, and so on. Click on the words "Main Index" at the top of the page for some links to note:
 - Health and Well being (discussed above)
 - Human Services – information on Children and Families, counselling, human rights, etc.
 - Emergency Services and Public Safety – for information on poison control, emergency preparedness, social services available for people faced with a disaster, etc.
- **Medical Services Plan of BC** – View their website at www.hlth.gov.bc.ca/msp/ for information on the Medical Services Plan, Fair PharmaCare, including information on income assistance for these programs
- **QuitNow** – A web-based smoking cessation service sponsored by the BC Lung Association. By registering at www.quitnow.ca, you will have access to on-line resources such as a personalized quitting guide, "chat-room" style support groups, and expert support.
- **Persons with Disabilities Benefits Finder** – This website provides information on services for persons with disabilities. The Benefits Finder is an on-line questionnaire that provides individuals with lists of provincial and federal programs available to them based on their condition, financial situation, and so on. www.pwd-online.ca, and after selecting your language of choice, look at the Online Services.
- **Various EI Benefits** – Employment Insurance (EI) provides a benefit to qualifying individuals away from work due to maternity/paternity leave or sickness, as well as those away from work temporarily to provide care or support to a family member who is gravely ill with a significant risk of death. For information on the benefit and who may qualify, go to www.sdc.gc.ca/en/gateways/topics/tyt-gxr.shtml.
- **CPP Disability Benefit** – Available to qualifying people who are unable to work for an extended/permanent time due to serious disabilities. To obtain information on this, go to www.sdc.gc.ca/en/isp/cpp/disaben.shtml.