

NP wellness and mental health support resources in BC:

Nurses and Nurse Practitioners of BC membership wellness resources can be accessed via the NNPBC website NP portal:

<https://www.nnpbc.com/np-portal/>

These include many different wellness and support resources including resources from the BounceBack program, the BC Government's virtual mental health support page, the Canadian mental health association BC, the Canadian Psychological Association, Kelty's Key online CBT modules, NNPBC Provider wellness modules, SafeCare BC, Walk-In Wellness Clinic, Wellness Together Canada and more.

There are also self-directed modules and reflective guides to help provide coaching and tools to manage mental health needs of providers under the tab "Pathways to Wellness".

The Advica Health Service is an online counseling platform that provides 24/7 access to a masters-level clinician as well as same day or next day counseling support in various languages. The first virtual session is free and then charged hourly afterwards. Advica has some self-led CBT resources as well. Advica is accessible to NNPBC members and their family members, as well as non-members.

The **BC College and Midwives of Nurses** (BCCNM) also have wellness resources such as the "caring for yourself" case study available on their website in the Nurse Practitioner page under "learning resources".

https://www.bccnm.ca/NP/learning/professional/Pages/fitness_to_practice_selfcare.aspx