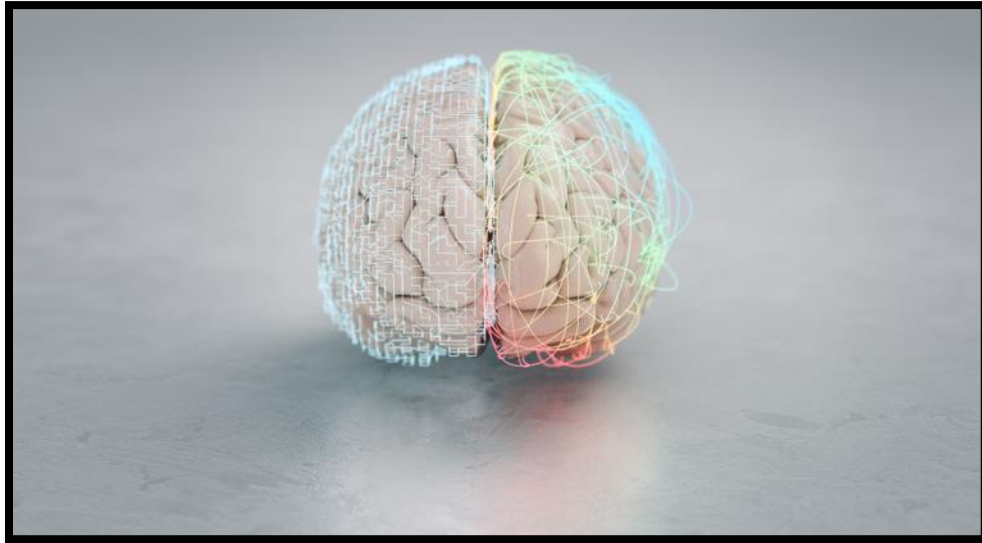


Mental Health & Wellness Hub

EVR Employee Resources Owner: Health & Safety / Human Resources

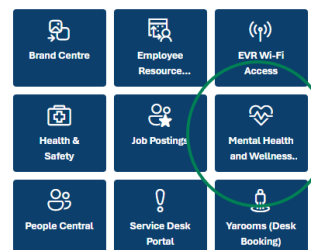
Last updated: [06/19/2026] Version: [1.0]



The Mental Health & Wellness Hub (EVR Employee Resources) is your quick, confidential gateway to supports for work, life and mental wellbeing — run by Health & Safety and Human Resources. Use it to access immediate help (TELUS Health EAP / Lifeworks), online therapy (MindBeacon), 24/7 virtual care (Maple), local counselling and occupational health services, plus practical self-help tools and quit supports. For non-urgent help contact your site HR or occupational health lead; for immediate danger call 911 or the suicide/crisis line (9-8-8). Last updated 06/19/2026 — contact Health & Safety / Human Resources for more.

From EVR's intranet homepage, select the “Mental Health and Wellness” blue tile for the below information.

Quick Links



Employee Benefit Plan

- Contact your site HR advisor for more information

EVR Employee Resources

Employee Assistance Program:

TELUS Health EAP —

- <https://myeap.support.com>
- What it is: Employer-provided, confidential support for work, health and life concerns, available anytime, anywhere.
- Key services & who it's for: Short-term counselling (phone or in-person), specialist referrals, legal & financial helplines, child/elder care resources, and support for stress, grief/crisis, workplace issues, addictions and family concerns — available to you and eligible immediate family members.
- Quick use & privacy: Contact an EAP advisor (provide your name & employer) and agree how you want follow-up. Free for program services and confidential within legal limits
- Emergency: If someone is at immediate risk call 911 or your national crisis/suicide hotline right away.

FRO Human Resources Contacts

Site Human Resources: Fording River Operations —

- **(Ali Demuyneck Senior Advisor, Human Resources)**
Location: Fording River | Work Hours: 7:00 AM – 4:00 PM, EDO schedule
Contact: [Ali.Demuyneck@evr.glencore.ca] • [+1 250 865 5057 / +1 250 425 3656]
- **(Lisa Secretan Coordinator, Disability Management)**
Location: Fording River | Work Hours: 7:00 AM – 4:00 PM, EDO schedule
Contact: [Lisa.Secretan@evr.glencore.ca] • [+1 250 865 3204]
- **(Brittany Caron Coordinator, Human Resources)**
Location: Fording River | Work Hours: 7:00 AM – 4:00 PM, EDO schedule
Contact: [Brittany.Caron@evr.glencore.ca]
- **(Rebecca Langmead Advisor, Leadership Development)**
Location: Fording River | Work Hours: 7:00 AM – 4:00 PM, EDO schedule
Contact: [Rebecca.Langmead@evr.glencore.ca] • [+1 250 910 9504]

- **(Shae Bauer** Advisor, Human Resources)
Location: Fording River | Work Hours: 8:00 AM – 5:00 PM, EDO schedule
Contact: [Shae.Bauer@evr.glencore.ca] • [+1 250 865 5012 / +1 250 425 4195]

- **Health Connect Registry — BC**

- <https://www.healthlinkbc.ca/find-care/health-connect-registry>
- What it is: Provincial waitlist that helps BC residents find a family doctor or nurse practitioner via local attachment coordinators.
- Key offerings: Quick registration (≈5 minutes) with PHN, address, email and phone; option to note recent health changes; prior clinic waitlist dates preserved.
- Quick use: Register online or call HealthLink BC 8-1-1 for help (translators available). While you wait use 8-1-1, pharmacies, UPCCs or virtual First Nations services; keep your record current.

Find a Provider — Primary Care Alberta

- <https://albertafindaprovider.ca>
- What it is: Alberta's searchable directory and support service to find clinics, family doctors or nurse practitioners accepting patients.
- Key offerings: Online search by location, clinician name, gender and language; "With help" option to submit details and have the team contact you; links to Primary Care Networks (team-based care).
- Quick use: Search the online directory first; if you need assistance submit details or email ask@primarycarealberta.ca. For non-urgent health navigation call 8-1-1; in emergencies call 9-1-1.

Occupational Health Contacts

- **(Melissa Kallies — Occupational Health Nurse (Health & Safety)**
Location: Sparwood Office | Contact: [Melissa.Kallies@evr.glencore.ca] • [+12508656537]

Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.

1 Download the TELUS Health One app or visit one.telushealth.com

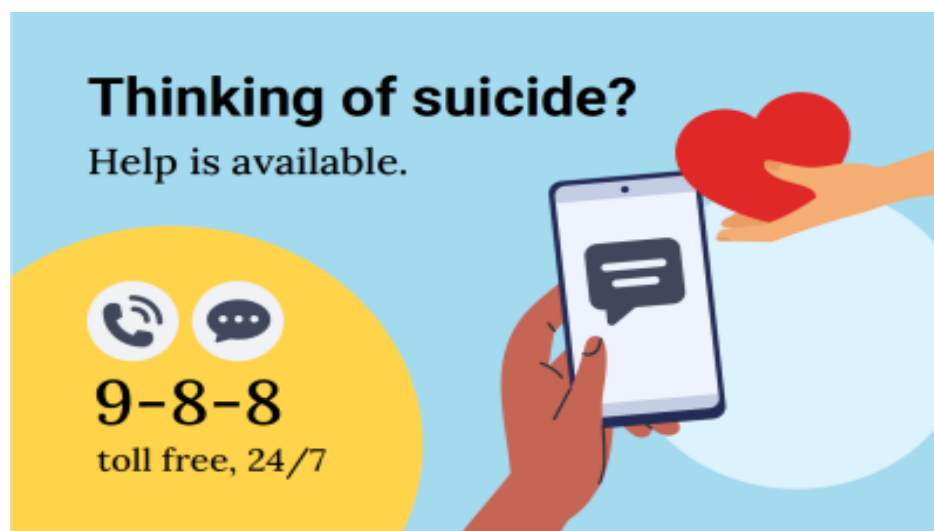
2 Log in with the username and password below:

Username: Password:

Online:

Call us:



MindBeacon (Therapist-guided CBT & Live Therapy)

- mindbeacon.com
- What it is: CBT-based online therapy: 12-week therapist-guided messaging program or 1:1 live video/phone sessions.
- Key offerings: Therapist-guided program (6–12 weeks, messages + activities), Live Therapy (60-min video/phone sessions).
- Quick use: Sign up, complete assessment, pay prompt (preferred pricing noted for Elk Valley). Employer/benefits won't be notified without consent.
- Note: Not a crisis service — call 911 for emergencies.

Maple (24/7 Virtual Care)

- getmaple.ca
- What it is: On-demand Canadian virtual care platform (doctors & NPs) for same-day care and prescriptions.
- Key offerings: Same-day care, paediatrics, chronic care, mental health, prescriptions, specialty consults; membership options available.
- Quick use: Sign up, describe issue, connect by text/audio/video; prescriptions sent to pharmacy.
- Note: Not for emergencies — call 911 for urgent care.

Sun Life Medical Second Opinion Replacing Teledoc Medical Experts

We're excited to share that Sun Life has launched a new **Medical Second Opinion** program through the Lumino Health Virtual Care platform, powered by Dialogue.

What's Changing?

This new program replaces older, more limited second opinion services with a **faster, more accessible, and more comprehensive** support model. Everything is available 24/7 through the Lumino app or toll-free number.

What's Included?

1. **Expert Medical Second Opinion:**
Get a full review of your diagnosis and treatment plan from a leading medical specialist—covering both physical and mental health conditions.
2. **Mental Health Care Navigation:**
Access a mental health specialist to guide you toward the right supports, whether you're facing anxiety, burnout, or a crisis.
3. **Find a Medical Specialist:**
Get help finding specialists and facilities across Canada or the U.S. for consultations or faster access to care.

The service is available to you, your spouse, your children, and your (or your partner's) parents.

How to Access:

- Download the **Lumino Health Virtual Care app**
- Or call **1-833-288-9614** (available 24/7)
- You can also visit: lumino.health/dialogue.ca

No referral is needed, and all services are confidential and secure.

Have questions?

Contact Dialogue Support at support@dialogue.ca or visit help.dialogue.ca



Elk Valley Suicide Task Force (Local community hub)

- <https://www.evstf.ca>
- What it is: Local suicide-prevention & awareness group for Elk Valley.
- Key offerings: Crisis guidance, resource database, grief supports, youth & adult referrals, events and campaigns.
- Quick use: Immediate crisis — 911 / 9-8-8; local supports & Safe Homes listed on task-force resources page.
- Get involved: Volunteer, donate, follow @elkvalleysuicidetaskforce.

Grief support

- What it is: Local peer and professional supports for people grieving a loss.

- Key offerings: Grief support groups, parent-focused resources and referral options.
- Quick use: Check the Task Force Resources page for group schedules and referral contacts; contact the Task Force to request local grief resources.

Mental health supports — adults

- What it is: Local counselling, therapy and community supports for adult mental health needs.
- Key offerings: Counselling referrals, alcohol & drug information, community support groups and clinic listings.
- Quick use: See the Task Force Resources page or local provider directory to find and book adult supports.

Mental health supports — youth

- What it is: Youth-specific counselling and mental-health programs for children and young people.
- Key offerings: Age-appropriate counselling, crisis supports, school-linked programs and youth outreach services.
- Quick use: Use the Task Force Resources page or contact the Task Force for youth referral options and program schedules.

Trusted educational resources

- What it is: Curated national and provincial resources the Task Force recommends.
- Key offerings: Centre for Suicide Prevention; Kelty Mental Health (family support); Crisis Centre of BC; CMHA; MHCC; Anxiety Canada; To Write Love on Her Arms; Mind Your Mind (school programs).
- Quick use: Visit those organisations' sites for guides, training, toolkits and evidence-based materials; Task Force page holds the full resource list.

Get involved / stay connected

- What it is: Ways for staff and community to support the Task Force's work.
- Key offerings: Volunteer roles, event participation (e.g., rides, awareness events), donations, and Champion activities.
- Quick use: Sign up via the Task Force "Get Involved / Donate" links; follow @elkvalleysuicidetaskforce and subscribe by email for updates.

Paramedical Providers (local clinicians)

- What it is: Local allied health network (chiropractors, RMTs, physio, acupuncture, naturopathy, nutrition, osteopathy, counselling resources).
- Key offerings: Clinics listed by category and town (Fernie, Sparwood, Elkford, Cranbrook, Crowsnest Pass).
- Quick use: Check the provider list for location and phone; book directly via clinics/Web portals (JaneApp, Birdeye, websites).

Local counselling Resources

- **(Gareth Webb — MENTal Awareness Counselling for Men)**
Location: Fernie, BC — Contact: (250) 423-1460 • gareth@mentalawareness.ca •
Website: MENTal Awareness Counselling
- **(Jennifer Lyall — Phoenix Tree Counselling)**
Location: Sparwood, BC — Contact: (250) 433-6929 (phone/text) •
phoenixtreecounselling@gmail.com • Website: Phoenix Tree Counselling
- **(Paula Turcasso — Full Circle Psychology)**
Location: Fernie, BC — Contact: (250) 423-8591 • paula@fullcirclepsych.ca • Website:
Full Circle Psychology
- **(Dayna Lidster — Snow Valley Counselling)**
Location: Fernie, BC — Contact: (250) 531-0048 • dayna@snowvalleycounselling.com •
Website: Snow Valley Counselling Note: listed as “Dana” in some sources.
- **(Mirey Faema — Heartwise Counselling)**
Location: Fernie, BC — Contact: (250) 946-6111 • mirey@heartwisecounselling.com •
Website: Heartwise Counselling
- **(Dayna Conway — DHC Counselling)**
Location: Fernie, BC — Contact: dayna@dhccounselling.com • Website: DHC Counselling
- **(Karen Walker — Caledonia Counselling)**
Location: Fernie, BC — Contact: (250) 278-8817 • hello@caledoniacounselling.ca •
Website: Caledonia Counselling
- **(Francesca ter Poorten — New Spring Counselling & Wellness)**
Location: Fernie, BC — Contact: (250) 423-9672 (phone/text) •
francescaterpoorten@gmail.com • Website: New Spring Counselling
- **(Jordan Vlasschaert — West Fernie Counselling)**
Location: Fernie, BC — Contact: (250) 430-7793 • jordan@westferniecounselling.com •
Website: West Fernie Counselling
- **(Cheryl Hulburd — Fernie Counselling & Consulting)**
Location: Fernie, BC — Contact: (250) 423-2608 • cheryl@ferniecounselling.ca •
Website: Fernie Counselling and Consulting

- **(Dr. Tyla Charbonneau (Dr. Tyla Mackay) — Alpine Pathways Psychology)**
Location: Fernie, BC — Contact: (250) 423-8656 • tyla@alpinepathwayspsychology.com
• Website: Alpine Pathways Psychology
- **(Lindsay Day — Flow Psychology)**
Location: Fernie, BC (also provides virtual services across Alberta) — Contact: (778) 963-0075 • lindsay@flowpsych.ca • Website: Flow Psychology
- **Crowsnest Pass resources (virtual / Blairmore) (Ø Savana Antonation — Crowsnest Counselling Services / Quiet Mind Counselling)**
Location: Blairmore, AB — Contact: (403) 583-5596 • savana@crowsnestcounselling.ca • Website: Crowsnest Counselling Services
- **(David Comden)— Crowsnest Counselling Services)**
Location: Blairmore, AB — Contact: (403) 753-0051 • crowsnestcounselling@gmail.com • Website: Crowsnest Counselling Services

Chiropractors

- **(Fernie Wellness Co — Dr. Stephanie Bryant)** Fernie | (250) 423-4636 | 1301 7th Ave | Birdeye profile/online booking
- **(Fernie Chiropractic — Dr. Paul Attalla)** Fernie | (250) 423-4800 | 901 5th Ave (Rocky Mountain Health Center) | Website
- **(Sparwood Chiropractic & Wellness — Dr. Ryan Hoetmer & Dr. Amanda Wyss)**
Sparwood | (250) 425-6330 | 102-101 Red Cedar Dr (Greenwood Mall) | Website
- **(Pure Life Family Chiropractic — Dr. Erik Thorlakson)** Fernie (also Elkford clinic days) | (778) 519-1122 / Elkford bookings (250) 531-1122 | 100-1500 McDonald Ave | JaneApp booking
- **(Alpine Chiropractic — Dr. Eden MacGregor)** Fernie | (250) 423-1452 | 701A 4th Ave | JaneApp
- **(Cranbrook Chiropractic & Wellness Centre — Drs. Kevin Roberge, Van Redecopp, Lauren Boilard, Melissa Hutchings)** Cranbrook | (250) 426-8792 | 1516 6th St N | JaneApp

Massage Therapy (RMT)

- **(Fernie Wellness Co — Jodi Stemberger, RMT)** Fernie | (250) 423-4636 | 1301 7th Ave
- **(LIFT Integrated Health — Cathy Howell, RMT)** Fernie | (250) 423-9677 | 592 3rd Ave | Website

- (**MP.RMT — Margot Penner, RMT**) Elkford | (250) 342-5803 (text/phone) | 816A Michel Rd | Website
- (**Thunder Meadows Health & Wellness — RMTs**) Fernie | (250) 423-2673 | Downtown Fernie | Website
- (**Spa 901 — RMTs**) Fernie | (250) 423-7722 | 109-901A 2nd Ave | Website
- (**Fernie Physiotherapy & Sports Injury Clinic — RMTs**) Fernie/Elkford | (250) 423-3423 | 901 5th Ave | Website
- (**Sparwood Chiropractic & Wellness — Sylvie Simkova, RMT**) Sparwood | (250) 425-6330 | 102-101 Red Cedar Dr | Website
- (**Mountain View Massage — Lisa Skelton, RMT**) Elkford | (250) 865-7660
- (**Kneading Well-Being — Tanya Larson, RMT**) Blairmore (Crowsnest) | (780) 305-8371 | online booking
- (**Kootenay Health Centre — RMTs**) Cranbrook | (250) 426-5228 ext.2
- (**Cranbrook Chiropractic & Wellness Centre — RMTs**) Cranbrook | (250) 426-8792
- (**Mind Over Mountain Massage — Doreen Johnson, RMT**) Crowsnest Pass | (403) 563-7140

Physiotherapy

- (**Return To Health Physiotherapy**) Fernie | (250) 430-7419 | 902A 6th Ave | Website
- (**Ahead of the Curve Physiotherapy**) Fernie | (250) 430-2115 | 902A 6th Ave | Website
- (**Fernie Physiotherapy & Sports Injury Clinic**) Fernie/Elkford/Crowsnest | Fernie (250) 423-3423; Elkford (250) 865-7111; Crowsnest (1-844-584-9348) | Websites
- (**Crowsnest Pass Physiotherapy**) Blairmore | (403) 562-7105
- (**Kootenay Therapy Center**) Cranbrook | (250) 489-3200 | 211 Main St
- (**Derive Performance & Rehab**) Cranbrook | (250) 919-4972

Acupuncture

- (**Fernie Family Acupuncture — Gina Rino, R.Ac**) Fernie | (250) 899-4120 | Website (Holistic Fernie)

- (**Wild Heart Therapies & Farmacy — Patti-Ann Krywulak, R.Ac**) Fernie | (250) 531-0154
- (**Thunder Meadows Health & Wellness — Becca Thomas, R.Ac**) Fernie | (250) 423-2673 | Website/booking
- (**Chinook Acupuncture, Counselling & Coaching — Dr. Rita Wendrich**) Crowsnest Pass | (403) 563-8105 | Website
- (**Fruition Wellness — Allissa Keane, R.Ac**) Cranbrook | (250) 417-5735
- (**Cranbrook Acupuncture Clinic — Cara Conroy-Low, R.Ac**) Cranbrook | (250) 489-4212 | 1011 Baker St

Naturopathic Medicine

- (**Wild Heart Therapies & Farmacy — Dr. Ashley Romanchuk, ND**) Fernie | (250) 531-0154
- (**Sparwood Chiropractic & Wellness — Dr. Kallie Doucette, ND**) Sparwood | (250) 425-6330
- (**Dr. Katelyn Mudry, ND**) Cranbrook | (250) 426-6544 | 1417 Baker St
- (**Kootenay Health Centre — Dr. Trent Brereton, ND**) Cranbrook | (250) 426-5228 ext.2
- Nutrition Counselling
- (**Ohm Nutrition — Samara Ohm, RD**) | (250) 430-1845 | Website
- (**Wild Heart Therapies & Farmacy — Julia Mitchell, MSc**) Fernie | (250) 531-0154
- Osteopathy
- (**Wild Heart Therapies & Farmacy — Lynette Hanson & Amanda Mori**) Fernie | (250) 531-0154
- (**Summit Osteopathy — Amanda Mori, M.OMSc**) Elkford | (250) 531-0154 (shared line)
- (**Cranbrook Acupuncture Clinic — Francois Amigues, D.O**) Cranbrook | (250) 489-4212 | 1011 Baker S

Gym and Fitness Centers:

- Key offerings: 24/7 gyms, group classes, yoga/barre/spin, personal training, community non-profit gyms.
- Quick use: Choose by location/focus (strength, women's classes, yoga) and contact listed providers for membership/booking.

Fernie

- **Evolution Health & Fitness** — Fernie | (250) 423-7786 | Township Shopping Center, Fernie, BC | Website: Evolution Health & Fitness | 24-hour cardlock + group classes
- **Carbon Fitness** — Fernie | (778) 745-3105 | 1502-A 9th Ave, Fernie, BC | Email: info@carbonfitnessgym.com | Website: Carbon Fitness Gym | 24/7 strength gym
- **Fernie Strength Collective** — Fernie | Website: Fernie Strength Collective | Instagram: @ferniestrengthcollective | Focus: women's strength, postpartum, cardio, yoga
- **Fernie Mountain Fitness & Athletics** — Fernie | (778) 949-9001 | Email: info@ferniemountainfitness.com | Website: Fernie Mountain Fitness | Group training & personalized programming
- **SBG** — Fernie (Straight Blast Gym) — Fernie | Address listed as Fernie, BC | Focus: Brazilian Jiu-Jitsu / martial arts
- **SOAR Studios** — Fernie | (250) 946-7164 | 461 1st Avenue, Fernie, BC | Email: soarstudiosfernie@gmail.com | Website: SOAR Studios | Yoga, barre, spin, studio classes
- **Mantra Spirit Studio** — Fernie | (250) 430-2266 | 591C 2nd Ave, Fernie, BC | Email: mantraspiritstudio@gmail.com | Website: Mantra Spirit Studio | Yoga, meditation, breathwork, sound healing

Sparwood

- **Sparwood Fitness Centre** — Sparwood | (250) 425-0552 | 367 Pine Avenue (Henry Volkmann Leisure Complex), Sparwood, BC | Email: recoffice@sparwood.ca | Website: District of Sparwood Recreation | 24-hour access for cardholders
- **Tailored Fitness** — Sparwood | (250) 423-1779 | 101 Red Cedar Dr #62 | Website: Tailored Fitness | One-on-one training; online booking via Vagaro
- **Daily Dose Wellness** — Sparwood | (250) 910-9616 | 112 Centennial St, Sparwood, BC | Email: dailydosewellness1@gmail.com | Website: Daily Dose Wellness | Boutique classes: Sculpt, Pilates, Barre, Yoga

Elkford

- **Rockhard Gym** (Rockhard Family Fitness) — Elkford | (604) 836-4964 | 216 Alpine Way, Elkford, BC | Email: kelly.spec@spectrumnutrition.ca | Member signup portal | 24/7 access + drop-in rates
Crowsnest Pass (Blairmore)
- **Community Fitness Connection** — Blairmore, AB | 11922 22 Ave, Blairmore, AB | Website: [Community Fitness Connection](#) | Volunteer-run non-profit gym; 24/7 access
- **Hearts Peak Collective** — Blairmore, AB | 12921 20 Avenue, Blairmore, AB | Community yoga & mindfulness collective
- Jaffray / Region
- **South Country Fitness Co** — Jaffray, BC | Local regional gym | 24-hour cardlock access

Gyms & Fitness Centres (local)

- Key offerings: 24/7 gyms, group classes, yoga/barre/spin, personal training, community non-profit gyms.
- Quick use: Choose by location/focus (strength, women's classes, yoga) and contact listed providers for membership/booking.

Alcoholics Anonymous & Local Recovery Supports (Elk Valley / Area 78)

- What it is: AA District 24 (East Kootenays) local meeting network and companion peer supports.
- Key offerings: Local AA meeting schedules (Sparwood, Fernie, Elkford), Fellowship men's group, EKASS clinical counselling, Al-Anon.
- Quick use: Use AA Meeting Guide App or Area 78 directories for live updates; emergency: call local emergency services.

HelpStartsHere / Substance Use — BC

- What it is: BC government hub for substance use supports, harm reduction and navigation.
- Key offerings: Harm-reduction info, overdose prevention, Lifeguard app, supervised consumption listings, Access Central, naloxone finder.
- Quick use: Call HealthLink BC 8-1-1 for navigation; Opioid Treatment Access Line for same-day OAT: 1-833-804-8111.
- Safety: Drugs in BC are highly toxic — carry naloxone, avoid using alone, use checking apps.

Canada / National Substance Use Resources

- <https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html>
- What it is: National directory of services, helplines and harm-reduction programs across provinces.
- Key offerings: NORS (1-888-688-NORS), Kids Help Phone, provincial helplines (8-1-1 where applicable), naloxone programs, peer support networks.
- Quick use: If unsure, use provincial 8-1-1 or national helplines; emergency: 911.

CCSA (Canadian Centre on Substance Use & Addiction)

- What it is: National evidence centre for substance-use policy, guidance and tools.
- Key offerings: Small Cities Playbook, MBC guidance, prevalence charts and cost/harms reports, toolkits on SCS & harm reduction.
- Quick use: Use Playbook for municipal planning; register for webinars and use Prevalence Interactive Chart for local needs assessments.

Stop Overdose / Overdose Prevention (BC)

- What it is: Overdose safety guidance for BC.
- Key offerings: Lifeguard app, supervised consumption/OPS listings, Opioid Treatment Access Line, Toward the Heart resources.
- Quick use: If overdose suspected call 911; use Lifeguard app and carry naloxone; find OPS and drug-checking locally.

BC Addictions / Addiction & Health (BC)

- What it is: Provincial info about addiction causes, supports, and treatment pathways.
- Key offerings: OAT access, HealthLink BC navigation (8-1-1), virtual supports, First Nations virtual care services.
- Quick use: Call 8-1-1 for navigation; OAT same-day: 1-833-804-8111; crisis: 9-8-8.

Smoking Cessation (PharmaCare, QuitNow, AlbertaQuits, Health Canada)

- What it is: Provincial and national programs to quit tobacco/vaping (coverage, coaching, self-help).
- Key offerings:
- **PharmaCare (BC):** covers NRTs & some prescription drugs (one 12-week course/year); pharmacy access with MSP enrollment.

- **QuitNow** (BC): phone coaching 1-877-455-2233, live chat, online tools.
- **AlbertaQuits**: Alberta quit plans via MyHealth.Alberta.ca.
- **Health Canada** “Quit with Confidence”: self-paced national quit framework (SMART goals, 5 Ds).
- Quick use: Pick a quit date, use SMART goal + 5 Ds during cravings, combine coaching with NRT/meds where eligible. For details use provincial links above.

HeretoHelp (BC Partners)

- What it is: Plain-language mental-health & substance-use information hub for BC.
- Key offerings: Self-screeners, Resource Library, Visions journal, referrals and e-newsletters.
- Quick use: Visit HeretoHelp.bc.ca or email support@heretohelp.bc.ca for referrals; urgent: 9-8-8 / 911.

CMHA (Canadian Mental Health Association) & CMHA Kootenays

- What it is: National mental-health literacy organisation with provincial/local branches (Kootenays for Elk Valley).
- Key offerings: Info, programs, referrals, training (ASIST) and drop-in supports.
- Quick use: Use CMHA sites to find local branch services; urgent: 310-6789 (BC) or 9-8-8 for crisis.

MHCC (Mental Health Commission of Canada)

- What it is: National policy, standards and toolkit developer for mental-health system improvements.
- Key offerings: Toolkits (workplace, justice), research, training and national campaigns.
- Quick use: Use MHCC toolkits for workplace policy and training design; sign up for mailings.

CAMH (Centre for Addiction & Mental Health)

- What it is: Major clinical, research and education centre for addiction and mental health in Canada.
- Key offerings: Clinical care (Access CAMH), research, public education, training.

- Quick use: Use Access CAMH for referrals; not an emergency service — call 911 / 9-8-8 in crisis.

BounceBack (CMHA BC)

- What it is: Free coached skill-building program for ages 13+ (mild–moderate symptoms).
- Key offerings: Online or phone coaching with practical CBT skills.
- Quick use: Phone 1-866-639-0522 or email bounceback@cmha.bc.ca to register.

Workplace Strategies for Mental Health (Guarding Minds, microlearning)

- What it is: Free Canada Life-funded workplace mental-health resource aligned to the National Standard.
- Key offerings: Guarding Minds survey (61 items), leader toolkits (Supporting Employee Success), microlearning (10-min modules), workshop packs.
- Quick use: Pilot Guarding Minds to assess risk; use manager packs & microlearning for staff training.

Top 10 Apps for Mental Health (quick picks)

- Sanvello (CBT/mood tracking), MindShift (anxiety), PTSD Coach (PTSD), DBT Diary (DBT skills), Breathe2Relax (breathing), Stop, Breathe & Think (mindfulness), Daylio (mood journal), SAM (anxiety tool), Quit Pro/Quit It (stop smoking), Happify (positive psychology).
- Quick use: Try free tier, match app to need, don't use apps for crisis (call 9-8-8 / 911).

Buddy Up (men's suicide prevention)

- What it is: CMHA/Centre for Suicide Prevention campaign targeting men's suicide and peer support (Champion program).
- Key offerings: June Challenge Card, infographics, scripts for conversations, Champions training.
- Quick use: Run June toolbox talks, recruit Champions, include crisis contacts on all materials (9-8-8 / 911).

HeadsUpGuys (men's mental health)

- What it is: Men-focused depression resource with screening, therapist directory, articles, stories and self-guided courses.
- Quick use: Use depression check, share stories to normalise help-seeking, point to therapist directory or self-guided courses.

Internal Mental Health CBT program (Glencore)

- What it is: Confidential, on-demand CBT modules for employees via provided link.
- Key offerings: Guided evidence-based modules accessible on any device; privacy protected (no personal identifiers collected).

Mental Health & Wellness Committee Members

- **Steve Kallies** - Senior Lead, Safecoal Health & Safety)
Location: Sparwood Office | Contact: [Steve.Kallies@evr.glencore.ca] • [+12504258939]
- **Sarah Keglowsch** - Coordinator, Health & Safety)
Location: Sparwood Office | Contact: [Sarah.Keglowsch@evr.glencore.ca] • [+12504252555]
- **Melissa Kallies** - Occupational Nurse, Health & Safety)
Location: Sparwood Office | Contact: [Melissa.Kallies@evr.glencore.ca] • [+12508656537]
- **Laura Sandham** - Administrative Assistant, Training – Human Resources)
Location: Line Creek | Contact: [Laura.Sandham@evr.glencore.ca] • [+12504257309]
- **Tiffany Canlas** - Advisor, Human Resources)
Location: Greenhills | Contact: [Tiffany.Canlas2@evr.glencore.ca] • [+12508653243]
- **Meg Andrews** - Administrative Assistant, Office Services)
Location: Vancouver | Contact: [Meg.Andrews@evr.glencore.ca] • [+12364842201]
- **Tiffany Rybachuk** - Administrative Assistant, Mine Operations)
Location: Fording River | Contact: [Tiffany.Rybachuk@evr.glencore.ca] • [+2508655322]
- **Gisele De Oliveira Silva** - Administrative Assistant, Human Resources)
Location: Coal Mountain | Contact: [Gisele.deoliveira@evr.glencore.ca] • [+2504257314]
- **Matt Nand** - Building Superintendent, Marketing)
Location: Calgary | Contact: [Matt.Nand@evr.glencore.ca] • [+140336778656]